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Tuesday, September 18, 2012



Former Alberta premier Peter Lougheed lies in state at the Alberta Legislature in Edmonton on Monday.  
IAN JACKSON-POOL/THE CANADIAN PRESS

# Lining up in memory of Lougheed

**Turnout.** Hundreds pay their final respects to legendary premier

RYAN TUMILTY  
ryan.tumilty@metronews.ca

Albertans lined up by the hundreds in the late-summer sunshine outside the legislature Monday to pay their respects to Peter Lougheed.

Inside, his closed coffin sat on a black riser in the marble rotunda at the foot of the grand staircase that leads to the assembly chamber where Lougheed dominated for 14 years as premier.

Jess Beisiegel, 31, was barely alive during Lougheed's tenure, but said he knows what Lougheed did for the province. "I got to reflect and see how many years he was premier and what was involved."

Beisiegel said that, looking back at Lougheed's tenure, he was struck by just how much the man accomplished.

"It touched me that one person really did make a big difference."

Colleen Fredericksen, a retired physiotherapist, came down in part to recognize everything he did for her profession. She said sadly much of what Lougheed accomplished has fallen away after his pre-

decessors took over, but she will always think of him as a man of great accomplishments.

"I think we will remember him as a little man that did big things," she said.

Lougheed's casket was draped in a hybrid Canada-Alberta flag to symbolize a man who called himself a Canadian first, but who was also a premier who successfully fought to make the province an equal player in Confederation.

Lougheed, Alberta premier from 1971 to 1985, died last week of natural causes at age 84. He will lie in state Tuesday from 8 a.m. to 6 p.m.

WITH FILES FROM THE CANADIAN PRESS

## Bring a beach to River Valley

City explores options to incorporate sand and the river into the urban setting

## Ban boobs: Royal Family

French court asked to stop further publication of topless Kate Middleton pics

## Are single men unhealthy?

Unmarried men less likely to believe they can influence their health: Study

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**Viable option?**

## Mock election set to test Internet voting

Before the city decides whether to roll out Internet voting as an option for Edmontonians, voters will be able to participate in a mock election.

According to Laura Kennedy, director of elections and corporate records, ballots will ask voters what colour of jellybeans they like, their favourite type of cuisine or their preferred movie genre, from Oct. 22 to Nov. 2.

"All of this information goes to providing council with a complete report on costs, on electors' readiness to accept Internet voting as a viable option, (and) testing as to whether or not the technology is ready to a point that we're comfortable as a municipality to use it as a voting option," Kennedy said.

At that point, a decision will be made to either study it further or run a pilot in the 2013 municipal election next October.

University of Alberta political scientist Jim Lightbody is skeptical whether the initiative would increase what is usually dismal voter turnout.

"I think it's good that they're interested in this sort of thing, and making it more accessible is a fine idea," said Lightbody. "(But) don't count on revolutionary change."

Beyond the mock election, Edmontonians will have other chances to weigh in through an online survey, roundtable meetings and citizen jury.

A final report will go to council in January.

Registration to vote online starts Oct. 8. Visit [Edmonton.ca/internetvoting](http://Edmonton.ca/internetvoting) for more information.

HEATHER MCINTYRE/METRO



Edmonton Police Chief Rod Knecht, along with other chiefs of police in Alberta, plan to ask the province for a law that would allow them to seize vehicles of drivers going 50 km/h over the speed limit. METRO FILE

# Police chief wants to get speeding drivers off the road

## Rising fatalities.

Proposed law would allow police to seize a vehicle if driver was going 50 km over posted speed limit

RYAN TUMILTY

[ryan.tumilty@metronews.ca](mailto:ryan.tumilty@metronews.ca)

Edmonton's chief of police intends to make a case this fall that drivers who speed excessively should have their

vehicles seized.

Chief Rod Knecht didn't have all the details worked out, but is looking for a law that would seize a driver's vehicle if they were going more than 50 kilometres over the posted speed limit.

He said drivers going at that speed aren't getting the message and fines and demerit points aren't getting the job done.

"If you are going 200 kilometres over the speed limit it is probably not the first time you have done it."

The city has seen 25 traf-

fic fatalities so far this year, well above the 13 fatalities from the same point last year, many of those involving speed, Knecht said.

"If the big story last year was the homicides ... certainly from the Edmonton Police Service perspective, we see speed as the big story this year."

Parker Hogan, a spokesperson for Transportation Minister Ric McIver, said the department is examining the issues. "We are certainly listening and we are getting letters on both sides of this."

## Quoted

"Every day on the Anthony Henday they get two or three people going 200 kilometres an hour."

Edmonton Police Chief Rod Knecht

Hogan also pointed out the act does allow for vehicle seizures, if certain driving behaviours like racing, stunting or driving without a license are taking place.

## Mobile news



Qriket

As Zellers closes its doors, the company has put Zeddy the mascot up for grabs. Scan the code to watch what the famed bear has to say about the situation.



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## PETER BROWN

CBC Radio host reflects on his years with Radio Active and his shift in focus, at least for now. Brown created a safe space for guests and listeners that was comfortable, informative and fun.

## OFF AIR, BUT NOT RETIRED

LUCY HAINES  
[edmonton@metronews.ca](mailto:edmonton@metronews.ca)

Peter Brown has left the building. Well, the chair really, that he sat in for just shy of 20 years as host of the CBC's popular afternoon drive program Radio Active.

In fact, he's still in the building often, as producer of the radio comedy The Irrelevant Show, gearing up for a full season on CBC Radio One.

But partly thanks to the emails and calls demanding Brown return to the 3 p.m. to 6 p.m. slot as the witty and often playful host of the news, business and current events show, he says there's a good chance he'll return in a year's time.

"I retired once before in 2002, but this time there was such a fuss made during my last show. By the end of it, I was pretty certain I'd be coming back," said Brown.

Describing himself as more of a performer than journalist who learned the world of radio, Brown said he's grateful he got to talk

politics, science and business, and to banter with colleagues such as news reader Don Bell or meteorologist Stephanie Barsby.

"I got to explore my full range of intellect and curiosity," he said. Silliness too, like the time, on a whim, he started calling rain showers "bunnies," eventually having to report on said "thunder bunnies" in the forecast. Brown said it's being in the moment and inviting listeners to come along for the ride that creates a connection.

"When I'm OK with

something going wrong, the audience is, too," he said.

Brown now brings that "have fun with it" attitude to his work as writer, producer and editor of The Irrelevant Show.

"This world — somewhere between art and science for me — is one I love being in. I'm writing more, but I'm still more of an icing guy than a cake guy."

If listeners have their way, Brown will ice that cake and soon return to the on-air radio chair.

"We'll see what the year brings," he said.

### Path

- **Early interests.** Brown grew up in Saskatoon with an interest in performing and earning an English degree, or two, before a chance radio audition changed his career path.

- **Radio.** Besides Radio Active, he hosted a network radio show in 2002-

03 and another summer series covering festivals around the country.

- **Comedy.** The Irrelevant Show is recorded eight times a year — that's 16 episodes of sketch comedy and improv taped live at venues in and around Edmonton. See [cbc.ca](http://cbc.ca) for the schedule.





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## Care centre

Chief pushing  
24-hour one-stop  
shop for homeless

Edmonton's police chief is hoping to bring down some of the 35,000 calls a year the force receives to deal with those who are

homeless and mentally ill.

Chief Rod Knecht will go to city council Thursday with his idea for an assessment, sobering and care centre, which would help Edmonton's homeless population without arresting them.

"That is a significant challenge for our resources. We shouldn't be

putting these people in jail and there is a better way to deal with them," said Knecht.

Knecht said he is still talking with existing agencies and shelters along with the provincial and city governments about the idea, but he envisions it as something where all services would be available.

He said that could include medical services, detox, social workers and even probation and parole officers.

"These people are on a bit of a cycle and we want to get them off that cycle."

Ryan McCormick, manager of mens services at the Hope Mission, said much of what the chief wants to

do is being done at the mission, but that doesn't mean the idea isn't welcome.

"We would definitely be open to having more resources."

He said the shelter's 24-hour intox centre already does some of that work.

"We are already doing some of it on a smaller scale." **RYAN TUMILTY/METRO**



Chief Rod Knecht  
RYAN TUMILTY/METRO

# City to further explore options for beach near river valley

**Sand experience.** Councillor says even if there is no access to the river, beach would be a benefit



HEATHER MCINTYRE  
heather.mcintyre@metronews.ca

There are many things to experience in Edmonton's river valley, but sand is not one of them.

Creating a sand experience was discussed by a city council committee on Monday after administration said in a report that creating a beach play area or urban beach setting near the North

## Outdoor aquatics

- Council is currently awaiting results of an RFP for the possibility of a beach play area at the lake in Hawrelak Park.
- Other spots with similar potential include Borden Park, where redevelopment is already underway, and the Edmonton City Centre Airport lands.

Saskatchewan River is possible. The catch, though, is that the beach would not necessarily have direct access to the river, as it is not clear if it is safe or if Alberta Health Services would allow wading and swimming in the water.

"(Options) are not opened, they will cost, and there will need to be permission from another government body," said Linda Cochrane, general manager of community services.

But that didn't stop Coun. Amarjeet Sohi from asking for further details about something, even just in close proximity.

"As we know, our river valley is a huge amenity that is underutilized," said Sohi. "If you look at the areas you have identified, you might find some options."

The report identified potential locations at Hawrelak Park, Terwillegar Park, Rundell Park or Gold Bar Park.

"There's all kinds of things that are possible," said Cochrane. "And there's all kinds of things that could be desirable."

"Then you have to weigh (those options)."

Administration will provide an updated report before the end of the year.



The Edmonton River Valley, seen here from Louise McKinney Park, could be home to a 'sand experience' in the future. COURTESY OF CITY OF EDMONTON

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# Top spy rejects call for oversight of CSIS

## Human rights.

Commission says effectiveness of agencies depends on public trust

Canada's top spy has rejected a call from a federal watchdog for more scrutiny of the Canadian Security Intelligence Service's human rights record.

In a newly declassified memo, CSIS director Dick Fadden dismisses the Canadian Human Rights Commission's recommendation that national security agencies do more to ensure they are not taking part in racial profiling or other objectionable practices.

"I am confident in the service's existing human rights policies and procedures, as well as our accountability and review structures," Fadden says in the January 2012 memo to Public Safety Minister Vic Toews.

"We have taken aggressive proactive steps to prevent discrimination and profiling in the service, and our investigation and reporting are pursued to protect Canadians and not out of any discriminatory bias."

The memo was provided by Mike Larsen, a criminology instructor at Kwantlen Polytechnic University in British Columbia, who obtained it under the Access to Information Act.

Fadden's memo came two months after the human rights commission tabled a report to Parliament urging the government to bring in amendments that would underline the importance of respect for human rights in the policies and oper-



CSIS head Dick Fadden waits to testify at the Commons public safety committee on Parliament Hill in Ottawa on July 5, 2010. Canada's top spy has rejected a call for more scrutiny of CSIS's human rights record. ADRIAN WYLD/THE CANADIAN PRESS

ations of CSIS, the RCMP and other security agencies.

The changes would require each organization to have a human rights accountability structure in place. In addition, the security agencies would have to report publicly and regularly on their human rights records.

"Analysis of a decade of research clearly shows that there are no means to assess the human rights performance of Canada's national security organizations," says the report. The report notes that concerns have been raised about the profiling of individuals since 9-11.

THE CANADIAN PRESS

### Who does what

- **CSIS.** Investigates threats, analyzes information and produces intelligence. The Harper government recently abolished the inspector general of CSIS, an independent watchdog.
- **Public Safety Department.** Co-ordinates and supports federal organizations to ensure national security and the safety of Canadians.
- **RCMP.** National police service. International Operations Branch assists the Liaison Officer Program to deter international crime relating to Canadian criminal laws.
- **Communications Security Establishment.** Oversees electronic eavesdropping and provides technical and operational assistance to federal law enforcement and security agencies.

## Teachers' strike. Chicago mayor seeks court order

Chicago's mayor turned to the courts Monday to try to end a teachers' strike in the nation's third-largest school district that entered its second week.

The union immediately condemned the move as an act of vindictiveness by a "bullying" mayor.

The strike has been uncomfortable for the Obama administration with the presidential election approaching, as Mayor Rahm Emanuel is a former chief of staff to President Barack Obama, and Democrats traditionally get union support.

The strike is the first for the city's teachers in 25 years and has kept 350,000 students out of class.

A spokeswoman for the mayor, Sarah Hamilton, said attorneys asked a state circuit court to force union members off the picket line.

### Salaries

**\$76K**

With an average salary of \$76,000, Chicago teachers are among the highest paid in the U.S.

The union and school leaders seemed headed toward a resolution at the end of last week, but teachers decided Sunday to remain on strike, saying they needed more time to review a complicated proposal.

Central to the debate are teacher evaluations and job security.

Emanuel said the strike was illegal because it endangers the health and safety of students and concerns issues that state law says cannot be grounds for a work stoppage.

THE ASSOCIATED PRESS

### Fire leads to find

## Barn blaze reveals grow ops, snakes

Investigators looking into a barn fire in Milton, Ont., found two illegal grow ops on the property — along with two large pythons. Several other reptiles, including an alligator, are believed to have died in the fire.

Police say firefighters who responded to the blaze Saturday found about 200 marijuana plants in the barn, while about 66 plants were found in the house.

Police say the barn was destroyed by the fire and that numerous reptiles, including a 1 1/2-metre alligator and a variety of snakes, likely perished in the blaze.

Stanley Stainton, 48, of Milton, is charged with production of a controlled substance and possession.

THE CANADIAN PRESS

### Group of 20 summit

## Cop found guilty of misconduct

A British police officer was found guilty of gross misconduct and fired from the London force Monday over an incident that resulted in the death of a man during a Group of 20 summit in London in 2009.

Officer Simon Harwood hit 47-year-old newspaper vendor Ian Tomlinson with a baton and shoved him to the ground as Tomlinson tried to find his way out of a cordon put up to contain protesters. Tomlinson collapsed and died moments later. His death became a rallying point for those who alleged that police had brutalized demonstrators.

Harwood was tried and acquitted of manslaughter in July. THE ASSOCIATED PRESS



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## Chinese scandal. Trial of former police chief begins with unexpected secrecy

A trial has begun in China for an ex-police chief at the centre of the country's worst political scandal in decades.

Court officials unexpectedly staged a closed-door hearing Monday, a day earlier than publicly announced.

Authorities justified the closed proceedings by saying "state secrets" were being discussed in the trial of Wang Lijun, who is charged with defection, abuse of power and other crimes.

"It was closed according to Chinese law because it involves state secrets," said defence lawyer Wang Yuncui, who is not related to her client.

On Tuesday, the court is scheduled to hold the previously announced public portion of the trial — though foreign media won't be allowed in — and the hearing is expected to go over allegations of bribe-taking and other charges.

The trial was the latest wrinkle in the bizarre months-long scandal that started when Wang fled to the U.S. Consulate in February and divulged the murder

### Gang-buster

A career policeman of more than two decades, Wang Lijun made a name for himself as a gang-buster in a northeastern province where he met Bo Xilai, then a fast-rising politician.

- The two rode to national fame together, launching a high-profile sweep against organized crime in Chongqing, an inland megacity where Bo had been named party chief.

of a British businessman.

It resulted in the removal of his boss, senior politician Bo Xilai, from the communist leadership.

During his 33-hour stay at the consulate, Wang claimed that Bo's wife was involved in the murder.

Wang was apparently unable to get asylum in the U.S. Bo's wife was convicted of the murder, after she confessed in court.

THE ASSOCIATED PRESS

## Obama program. Illegal immigrants swamp L.A. school district for records

Thousands of illegal immigrants have inundated America's second-largest school district with requests for copies of records that might qualify them for the Obama administration's Deferred Action for Childhood Arrivals program, the district said Monday.

Under the program, people who are 30 or younger will be allowed to stay in the United States and work for up to two years if they prove they've lived in this country continuously since June 2007.

Applications can be renewed every two years.

An estimated 200,000 cur-

rent and former students in the Los Angeles Unified School District might be eligible for the federal program.

"We looked at the birth years that this program covers and there were about 200,000 students that listed another country of origin," special assistant Lydia Ramos said. "We have probably the highest number of students who would be eligible for this."

Saul Berrera, 17, who was 10 when his mom brought him from El Salvador, said: "I feel like doors are opening up for me."

THE ASSOCIATED PRESS



U.S. President Barack Obama greets people at an election campaign event in Cincinnati, Ohio, on Monday. CAROLYN KASTER/THE ASSOCIATED PRESS

### Vatican

## Judge sets date for trial of Pope's former butler

Pope Benedict's ex-butler and another Vatican lay employee will go on trial next week in the theft of papal documents that exposed alleged corruption at the Holy See.

Judge Giuseppe Dalla Torre said Monday the first session would begin Saturday, Sept. 29.

Paolo Gabriele is accused of grand theft. Claudio Sciarpetti, a computer specialist in the Vatican, will be tried on a lesser charge.

THE ASSOCIATED PRESS

### Shuttle's last journey

## Endeavour still stuck in Florida

Space shuttle Endeavour apparently doesn't want to leave home.

NASA's youngest shuttle was supposed to depart Florida's Kennedy Space Center on Monday for its permanent museum home in Los Angeles. But stormy weather along the Gulf of Mexico nixed the plans.

NASA aimed for a Tuesday bon voyage but that ended up getting scrapped as well. Endeavour's departure is now set for Wednesday morning atop a modified jumbo jet.

THE ASSOCIATED PRESS

### Newfoundland

## New trial for dad in toddler deaths

A new trial has been ordered for a Newfoundland man convicted of drowning his twin daughters, age 3, in a lake. Nelson Hart was found guilty in 2007 of first-degree murder. On Monday the Court of Appeal ordered a new trial.

THE CANADIAN PRESS

### Two new ads

## Romney fights to regain ground

Mitt Romney is attempting to get back on solid footing amid reports of bitter infighting at his headquarters as Barack Obama edges past his Republican rival nationally and in several swing states.

THE ASSOCIATED PRESS

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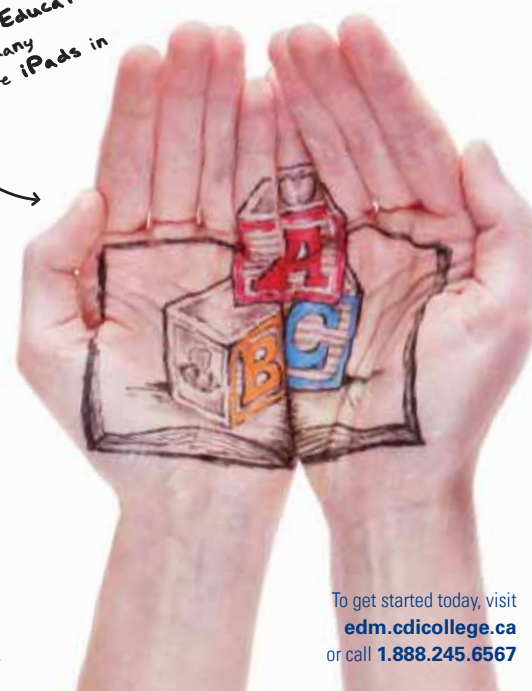
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9624 165 Ave.

10642 82 Ave NW

12714 137 Ave. NW

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4909 99 St NW

5912 104 St

5919 91 St

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13034 50th St

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Occupy protesters take part in a rally on Parliament Hill in Ottawa on Monday, returning on the one-year anniversary of the movement. See the photo gallery online at metronews.ca. SEAN KILPATRICK/THE CANADIAN PRESS

## Conservatives welcome NDP with 'bald-faced lie'

### Parliament resumes.

Harper joins in on carbon-tax tirade against opposition leader

Canada's parliamentary engine sputtered back to life with a hyper-partisan bang on Monday as the Conservatives sought to tarnish New Democrat Leader Tom Mulcair by accusing him of planning to impose a carbon tax on unsuspecting Canadians that the NDP has never proposed.

Even Prime Minister Stephen Harper got in on the act, demonstrating that a three-month summer break has

### Rebuttal

"The NDP's top priority is the economy. The Conservatives' top priority is making things up about the NDP."

NDP Leader Tom Mulcair

done little to soften the Conservative government's go-for-the-jugular partisan instincts.

Harper, his ministers and his backbenchers repeated at every opportunity their tirade against Mulcair's supposed carbon tax proposal, disregarding the fact that the NDP has never actually proposed a carbon tax.

Indeed, Mulcair and his

predecessor, Jack Layton, have proposed a cap-and-trade system to reduce greenhouse gas emissions — a proposal Harper himself championed for several years before dropping the idea.

At no point did the Tories ever refer to their own proposal as a carbon tax — but now, it seems, they're not about to let facts get in the way of a good partisan attack.

"Cap and trade or cap and tax, a price on carbon is a tax on carbon. That makes it a carbon tax," said New Brunswick MP John Williamson.

Mulcair refused to respond to the attacks on his supposed carbon-tax plan — an assertion he's described as a "bald-faced lie." **THE CANADIAN PRESS**

### Catholic schools

## Striking staff reject board counter offer

Striking support staff with Edmonton Catholic Schools have rejected a counter offer from the school board.

The union — which represents more than 900 workers, including library staff, secretaries, teacher assistants and special-needs teacher assistants — rejected the offer Monday night.

Debbie Engel, chairwoman of the school board, said both parties are in agreement on all issues, except compensation in the second year of the two-year contract. **THE CANADIAN PRESS**

## Fetal rights. Tory MP says abortion case law not clear enough

The Conservative MP seeking to re-open debate on fetal rights and abortion says it should be up to Parliament to resolve an issue the courts "left open."

But Kitchener MP Stephen Woodworth said he is not optimistic he will get the 50 per cent necessary to pass a motion he sponsored to study the definition of "human being" in the Criminal Code.

Woodworth said his motion comes to a final vote in the House of Commons on Sept. 26, and would merely

strike a committee to study the issue, and open a "respectful dialogue" on what he argues is a pressing matter.

He said it won't seek to write a new abortion law, but at the same time he claimed the current legal environment around abortion practices is "dishonest."

At a news conference, Woodworth challenged anyone claiming a fetus at eight or nine months' gestation is not a child and asked, "Does abortion access really depend on that kind of fraud?" **TORSTAR NEWS SERVICE**



# Royals ask French court for injunction on nude Kate pics

**Duchess of Cambridge.** French and Italian gossip magazines that have published revealing spreads both owned by Berlusconi publisher

A French court was asked on Monday to halt further publication of topless photos of Prince William's wife Kate.

After hearing arguments by lawyers for the British royal couple and for the popular French gossip magazine Closer, the court said it would rule at noon today. The royal request was made after Closer printed 14 pictures of the partially clad Kate, the Duchess of Cambridge, in its pages last week.

On Monday, the Italian gossip magazine Chi — like Closer owned by Mondadori, the Italian publishing house owned by former Italian prime minister Silvio Berlus-



Kate Middleton  
THE ASSOCIATED PRESS

coni — published a 26-page spread of photos of Kate without her swimsuit top. An Irish tabloid published more Kate topless photos over the weekend, drawing a vow from Ireland's justice minister to revise privacy laws there.

The photos in question show the Duchess of Cambridge relaxing during a holiday at a private villa in Provence, sometimes without her bathing suit top and, in one case, with her suit bottom partially pulled down to apply sun screen.

William's St. James's Palace called the publications of the photos a "grotesque" invasion of the couple's privacy. Lawyers for the royal couple argue that the photos amount to an invasion of privacy.

The royal couple's lawyer, Aurelien Hamelle, told the French court Monday that he is seeking 5,000 euros (\$6,400 US) in damages from Closer and an injunction forcing the magazine to stop publishing the issue with the photos. He also asked the court to fine Closer 10,000 euros (\$12,800) a day for each day the injunction is not respected, and 100,000 euros (\$128,000) if the photos are sold.

THE ASSOCIATED PRESS

## Ohio death row

### Overweight inmate requests execution delay

A condemned Ohio inmate who weighs at least 480 pounds wants his upcoming execution delayed, saying his weight could lead to a "torturous and lingering death." Ronald Post shot and killed a hotel clerk in northern Ohio almost 30 years ago.

THE ASSOCIATED PRESS

## Disrespectful outburst

### EU Parliament member fined

How much does it cost to tell one of the EU's top officials he has "the charisma of a damp rag?" Apparently about 3,000 euros, or close to \$4,000 US.

In 2010, Nigel Farage, an anti-European Union member of the EU Parliament, rose following a speech by Herman Van Rompuy, the president of the European Council. Farage, a Briton, added that the former Belgian prime minister came from "pretty much a non-country." The Parliament docked Farage 2,980 euros. THE ASSOCIATED PRESS



## Orangutan joins cancer fight

A Jungle Island volunteer comforts Peanut, one of the orangutans from a private zoo, as she is treated with R-CHOP therapy, a combination of drugs used in chemotherapy to treat her aggressive non-Hodgkin lymphoma in Miami. Human medical specialists are treading new ground in applying a standard chemotherapy regimen to treat cancer in the orangutans. The apes share about 96 per cent of a human's genetic makeup, and Peanut's treatment plan is closer to that of what a human would receive for the same type of cancer. PAT CARTER/THE ASSOCIATED PRESS



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# 'Fatal Vision' killer asks for retrial with new info

**DNA evidence.** Former Green Beret convicted of killing his wife and daughters claims new evidence could prove his innocence

Jeffrey MacDonald is getting another chance to try to prove his innocence more than three decades after the former Green Beret was convicted of killing his pregnant wife and his daughters in the case that was the basis for the book *Fatal Vision*.

MacDonald is asking a judge to grant him a new trial. The hearing began Monday in a federal courtroom in Wilmington, N.C., with MacDonald's attorney saying if jurors in 1979 could have considered two new types of evidence in the case, they would have found him not guilty.

MacDonald is serving three life sentences for the 1970 murders of his pregnant wife, Colette, and their daughters, Kimberley and Kristen.

## Making his case

- His lawyer plans to concentrate on two bits of evidence — hairs that don't match MacDonald or his family's DNA and a statement from Britt.
- When those two things are considered with the rest of the evidence, "you would conclude no reasonable juror would find Jeffrey MacDonald guilty," attorney Gordon Widenhouse said.

MacDonald's lawyer said Jimmy Britt, a deputy U.S. marshal when the case was tried, heard prosecutor Jim Blackburn threaten Helena Stoeckley, a troubled local woman whom MacDonald had identified as one of the attackers.

A previous MacDonald attorney has said Stoeckley was prepared to testify she was in the MacDonald home the night of the murders until Blackburn threatened to charge her with the slayings. **THE ASSOCIATED PRESS**



Jeffrey MacDonald and his wife, Colette, in Fort Bragg, N.C., in 1969.

THE ASSOCIATED PRESS FILE

## Mountaineering trip. Man gets death threats over abandoned dog

A man who left his dog to die on a Colorado mountain said he received death threats, even though he has paid vet bills and agreed to turn over the dog to one of the rescuers.

Anthony Ortolani said Sunday he is giving the German shepherd mix to one of the people who climbed Mount Bierstadt to rescue Missy after the animal spent eight days on her own last month.

Another hiker spotted the injured dog, and volunteers co-ordinated a rescue effort through a climbing website.

Ortolani is charged with animal cruelty for leaving the dog behind on a mountain climbing trip. His lawyer, Jennifer Edwards, said her client hopes to make a plea deal.

Ortolani told KMGH-TV he was forced to leave the dog on the mountain after the animal got injured. He said he and a friend tried to carry the 112-pound animal for more than two hours over rocky terrain, but he worried for his safety and had to abandon her.

Ortolani was climbing with the 19-year-old son of a friend when bad weather

## Quoted

**"I don't want to give her up. I love her, but those people risked life and limb to get her out of there, and that has got to be worth something."**

Anthony Ortolani, after leaving his dog behind on a mountaineering trip.

moved in. He said the canine's feet were blistered and she was unable to walk. He said he and his climbing companion were also struggling in the bad weather and decided it was time to come down for their own safety.

"Carrying her down, unfortunately, caused her more injury," Ortolani said.

"She fought with me and squirmed off my shoulders, and I dropped her on some rocks and she got hurt worse. Everybody says, 'Why didn't you go back?' My physical condition was significantly deteriorated, my emotional condition was no good. I thought she was dead."

**THE ASSOCIATED PRESS**

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# Suu Kyi begins landmark visit to U.S.

**Democracy icon.** Tour is the latest milestone in her journey from political prisoner to globe-trotting stateswoman

Myanmar democracy leader Aung San Suu Kyi, renowned for her struggle against military rule, began a marathon

tour of the U.S. Monday.

The Nobel Peace laureate will be presented with Congress' highest award during a 17-day visit that comes as the Obama administration considers easing remaining sanctions on the country.

Suu Kyi meets Tuesday with U.S. Secretary of State Hillary Rodham Clinton and is likely to visit the White House. She then goes to New York, the American Midwest and California in a whirlwind

## Amnesty

Myanmar announced Monday it is releasing 514 prisoners under an amnesty, including political detainees and some foreigners.

of speaking engagements and award ceremonies, as if making up for lost time for the years of confinement that prevented her from travelling

overseas since the late 1980s.

Since her release from house arrest in late 2010, Suu Kyi has transitioned from dissident to parliamentarian.

Now confident of her position inside Myanmar, Suu Kyi has in the past four months started to spread her wings. She has travelled to Thailand and five nations in Europe, where she was accorded honours usually reserved for heads of state.

THE ASSOCIATED PRESS



Myanmar opposition Leader Aung San Suu Kyi, centre, arrives at Yangon airport to leave for the United States Sunday on her first U.S. trip since she was put under house arrest in 1990. KHIN MAUNG WIN/THE ASSOCIATED PRESS

## Thai probe report

### Government, Red Shirts blamed for political violence

An independent commission investigating deadly political violence that wracked Thailand two years ago issued a final report Monday that blamed both the government then in power and the so-called Red Shirts who were protesting against it.

The Truth for Reconciliation Commission of Thailand announced its findings on the March-May 2010 protests, in which at least 91 people died and almost 2,000 were injured by the time they were suppressed by the army. The protesters were mostly supporters of Thaksin Shinawatra, who was ousted as prime minister by a military coup in 2006.

The report blamed both sides for failing to avoid the use of deadly force.

THE ASSOCIATED PRESS

## Cuba protest

### Top dissident completes week on hunger strike

Supporters of a prominent Cuban dissident who has spent the last week on a hunger strike say her condition is worsening.

Standing vigil at her Havana house, supporter Idania Yanez said Martha Beatriz Roque is in a "very delicate" condition.

Roque is a 67-year-old state-trained economist turned dissident leader. Among other things, she's demanding the government release a little-known opposition prisoner who she says was due to leave jail more than a week ago.

She has been joined in her protest by more than two dozen other dissidents around the country. Monday marked a week without food for the protesters. The government considers Roque and others common criminals.

THE ASSOCIATED PRESS



### Anti-U.S. rallies spread

A Muslim man throws a rock at police during a protest against a film denigrating Islam outside the U.S. Embassy in Jakarta, Indonesia, Monday. Indonesians enraged over the film, which was made in the U.S. and titled Innocence of Muslims, hurled rocks and Molotov cocktails at the embassy on Monday, marking the first violence in the world's most populous Muslim country since outrage exploded last week in the Middle East and beyond. TATAN SYUFLANA/THE ASSOCIATED PRESS



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The new Apple iPhone 5 is displayed on Sept. 12 in San Francisco. ERIC RISBERG/THE ASSOCIATED PRESS

# Ringling in a record: 2 million iPhone 5s ordered on first day

**In stores Sept. 21.**  
As demand exceeds  
initial supply, some  
devices are scheduled  
for delivery in October

Orders for the iPhone 5 topped two million in the

first 24 hours after Apple started taking them at midnight Pacific time on Friday. That's more than double the number of iPhone 4S orders on its first full day.

The company also says that while most preorders will be delivered on Friday, demand for the iPhone 5 exceeds the initial supply, so some of the devices are scheduled for delivery in October.

The iPhone 5 has a bigger screen — four inches measured diagonally — that allows room for another row of icons and widescreen movies to fit better. The calendar will now show five days at a time instead of just three. Previous iPhone models carried a 3.5-inch screen. The phone is also thinner and weighs less than earlier

## By the numbers

4

The iPhone 5's screen measures four inches on the diagonal, versus the 3.5-inch screen on previous models.

models.

The phone will be available at Apple stores in Canada on Friday, Sept. 21.

Earlier Monday, AT&T Inc. said it set a sales record for the iPhone 5, with customers ordering more of them than any previous iPhone model on the first day of orders and over the weekend.

Apple's stock added \$7 US to \$698.28 in morning trading after rising as high as \$699.54 earlier in the session. **THE ASSOCIATED PRESS**

## August figures. New mortgage rules lead to drop in home sales

Home sales fell 5.8 per cent across Canada from July to August, the largest month-over-month decline since June 2010, the Canadian Real Estate Association says.

Actual sales activity was down almost nine per cent in August over a year earlier, "providing the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended," CREA chief economist Gregory Klump said on Monday.

"The broadly based decline in August sales activity suggests that some buyers may no longer qualify for a mortgage now that amortization periods of high ratio (less than 20 per cent down payment) mortgages have been shortened," he added.

House prices remained relatively stable across the country, posting increases of just 0.3 per cent on a year-over-year basis and the inventory of homes for sale at the end of August climbed slightly to 6.5 months, up from 6.1 months at the end of July.

The seasonally adjusted average price of a Toronto home held steady in August, up 1.5 per cent to \$501,058, up from \$493,647 in July, according to CREA. Actual prices were up 6.1 per cent in August over the same time last year.

The greater Toronto area saw a 7.7 per cent decline in

## Quoted

**"(The decrease provides) the first clear indication that the recent changes to mortgage regulations aimed at cooling the market are working as intended."**

Canadian Real Estate Association chief economist Gregory Klump

new listings, leading the way for a 1.7 per cent decline in new listings across the country, which helped keep the national housing market more balanced than it has been at any time in the last two years, CREA says.

While the average Vancouver house price was down almost seven per cent in August over a year ago to \$725,086, it was up about three per cent in August over July when adjusted for seasonal fluctuations.

Sales declines were posted in about two-thirds of all markets representing 80 per cent of national house sales activity including the GTA, Vancouver, Greater Montreal, Calgary, Edmonton and Ottawa.

Some 334,208 homes have changed hands over Canada's MLS system so far this year, an increase of 2.8 per cent compared to the same eight months of 2011.

**TORSTAR NEWS SERVICE**

## Auto industry. CAW reaches deal with Ford

The Canadian Auto Workers struck a tentative four-year deal with Ford on Monday and extended talks with GM and Chrysler, putting off a threatened strike as a midnight deadline loomed.

"It's a damn good deal in these economic times," CAW president Ken Lewenza said of the Ford agreement. "It is a damn good deal."

The contract will give 800 laid-off Ford employees the opportunity to get back to work, partly through the creation of 600 new jobs at its Canadian operations. Most of the new positions will be at its Oakville, Ont., assembly plant in two stages of hiring, he said.

There are no base wage increases during the life of the agreement, which lasts until September 2016, but each employee will receive \$2,000 a year in the second, third and fourth years of the contract to cover cost-of-living increases, and a \$3,000 ratification bonus.

The union is asking Chrysler and GM to accept the deal as a pattern settlement. Talks with the two automakers continued Monday toward the midnight strike deadline. The CAW announced just before 9 p.m. eastern time that all sides agreed to continue talking.

**THE CANADIAN PRESS**

## Quoted

**"It's a damn good deal in these economic times."**

CAW president Ken Lewenza, speaking about the Ford agreement

## Austria

### Saucy starter: McNoodles hit the menu

McDonald's is introducing noodle dishes this week at its restaurants in Austria. The McNoodles come with vegetables and salad, chicken pieces and either sweet and sour or curry sauce. The company says it spent more than a year developing the product.

**THE ASSOCIATED PRESS**

## Market Minute



**DOLLAR**  
102.53¢  
(-0.44¢)

**TSX**  
12,446.86 (-52.61)

**OIL**  
\$96.62 US (-\$2.38)

**GOLD**  
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**Natural gas:** \$2.865 US (-7.8¢)  
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# NO SHAME IN BARING IT ALL



**SHE SAYS...**  
Jessica Napier  
metronews.ca

I am not what you'd call an exhibitionist. I didn't grow up in an underpants-only kind of household. When changing for gym class, I would awkwardly wrestle into my sports bra while still wearing a sweater on top (believe me, this is actually not impossible). To this day, the first thing I will do in an unfurnished apartment is hang curtains.

While I might have a bit of a prudish attitude when it comes to my own public nudity, it takes just the briefest moment of browsing online to realize that there are plenty of women out there who have no problem exposing a little skin.

## Not their fault

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

sans bikini top while on vacation at a private chateau.

The magazine's editor-in-chief defended the images, claiming they weren't lewd, but a beautiful intimate scene of a young couple in love. Of course, this "tasteful montage" argument might be easier to swallow if the photos weren't captured by slimy paparazzi stalking the royals during what should have been a very private moment.

While many people expressed outrage at this extreme violation of privacy, I was horrified to see just how many people took to Twitter and online comment sections to unleash a barrage of hostility towards the duchess for having the audacity to act like a normal 30-year-old woman on vacation with her husband.

Nipples? Gasp!

To argue that Middleton made a bad choice to go topless or that she "should have known better" is akin to saying that she got what she deserved. The idea that a woman should be publicly shamed for things she chooses to do in private that are then illegally captured by trespassing photographers is insane (hi, Kristen Stewart).

The violation of Middleton's privacy and the furious responses that followed contribute to the archaic yet persistent notion that as women our bodies, more than anything else, are for display; to be looked at by men, by other women and, evidently, by telescopic lenses emerging from the shrubbery.

Follow Jessica Napier on  
Twitter @MetroSheSays



Kate Middleton GETTY IMAGES

# These two decades have 22 minutes



JEFF HARPER/METRO

## East Coast humour

### This Hour Has 22 Minutes marks 20th anniversary

Shaun Majumder and Cathy Jones film a pre-recorded section of This Hour Has 22 Minutes against a green screen at CBC's Bell Road studio in Halifax. The show is celebrating its 20th anniversary, which premieres Tuesday.

For Majumder, striving to "take the piss out of our own culture" will always be an important role for Canadian

comedians.

It's what the Gemini Award-winning actor sets out to do each week on the long-running CBC series that jeers Canadian politics and current events.

"We've got a perfect format to continue forever and ever, no matter how many people come in through the cast," said Majumder, who started on the show several years ago as a writer.

Some of the country's most highly acclaimed comedians have called the show home, including Rick Mercer, Colin Mochrie, Greg Thomey and Mary Walsh. **METRO**

## Knee-slapping comedy

### Rick Mercer makes for memorable TV

Who can forget the show's long-running Talking to Americans segment, where Rick Mercer set out to expose how little some Americans know about their Canadian neighbours.

Some truly memorable bits included getting Americans to congratulate Canada on legalizing VCRs, or staplers.

Since its inaugural season in 1992, each show has been



Rick Mercer THE CANADIAN PRESS

written and produced within one week at the CBC building on Bell Road in Halifax.

Producer Peter McBain said 22 Minutes' East Coast home is important to its perspective on Canadian news. **METRO**



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0%  
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12%  
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## Twitter

@NotebookNick:

It's that awkward time of year in #yeg where it's single digits in the morning and shorts in the afternoon.

the fountain at City Hall has been drained...soon be turned to an ice skating rink :( #YEG

@theSSEarth:

Just when I think it's going to be a normal day, the guy with the Walkman pulls a dachshund out of his backpack. #yeg #ETS #Mondays

@endorfun:

Parking on the opposite side of the road? Well played, photo-radar on Gateway, well played. #caughtme #yeg

@PaigeMatlock:

Sure sign that summer is over...

@KailiShore:

There is a pizza place called "Best Pizza" but it's shut down. Obviously they were lying #yeg



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# 2 SCENE

## DVD reviews



### The Cabin in the Woods

Director: Drew Goddard

Stars: Kristen Connolly, Chris Hemsworth, Anna Hutchison

●●●●●

To say *The Cabin in the Woods* isn't your average horror movie is like observing that *King Kong* isn't your average ape. Even when major plot twists are revealed — as the trailers do — there are so many others left, you have no reason to scream “spoiler!” That said, you don't want to know too much in advance about this feature directing debut of *Cloverfield* writer Drew Goddard. He shares screenwriting credits with fellow genre subverter Joss Whedon. Better you should be as naïve as are most of our five cabin-bound college kids, one of them played by a pre-*Thor* Chris Hemsworth. The film's internal logic may not stand up to close scrutiny, but the intent behind it is rock solid: a horror show that would have impressed even the ancient Greeks, both their warriors and their philosophers.

PETER HOWELL

## On the web



Qriket

Keira Knightley to Vogue: I had no life besides acting.

# Ode to TV: The shows that inspired the stars

## Emmy Awards.

Nominees share their memories of television classics and wanting to become a Huxtable

Long before Kevin Costner, Bryan Cranston, Christina Hendricks and Nicole Kidman were Emmy nominees, they were kids who loved watching TV.

“I liked *Man from Uncle* and *High Chaparral*,” Costner said.

“I really, really liked that when I was a kid.”

“I remember the transition from black-and-white to colour,” continued Costner, who is nominated as both star and producer of the TV movie *Hatfields & McCoy*s.

“It's like one by one the televisions in my neighbourhood became colour TVs and we would all go look at each other's colour TVs and ooh and aah at *Bonanza*. I'm kind of glad I saw it all, in a way. I remember the TV would shut off at 11 and just play the national anthem all night long.”

Cranston, who is nominated for his role on *Breaking Bad* — which won him the Emmy Award three years in a row, grew up on *The Andy Griffith Show*. “I love the character of Barney: Classic comic character of the absolute confident man with no ability whatsoever. Always funny. The calm and comforting tones of Andy Griffith, who we lost recently,” the actor said.

“I think there was just some-



Nicole Kidman. THE ASSOCIATED PRESS

thing very sweet and comforting about watching that show, and the simplicity of the lifestyle and a days-gone-by kind of thing.”

Hendricks, nominated for the third consecutive time for her supporting role in *Mad Men*, said her all-time favourites were *MASH* and *Northern Exposure*.

“Both of them had a sense of real community and camaraderie among the cast, a sense of friendship in this world that I remember responding to,” she said.

Mayim Bialik of *The Big Bang Theory* was also a *Northern Exposure* fan.

“They had every kind of

possible character,” said the actress, who remembered watching the show while starring on *Blossom*. “I would have loved to be anything on *Northern Exposure*, but mostly Rob Morrow's love interest. That would have been my choice.”

Kidman, a first-time Emmy nominee for her lead role in the TV movie *Hemingway & Gellhorn*, said she was raised on *The Brady Bunch* and *Bewitched*.

“Growing up in Australia, the mini series was such a big, big thing. It was something that launched my career because I did mini series in Australia,” she said. “I did a thing called *Bangkok Hilton* and one called

## The Emmy Awards

The Primetime Emmy Awards will be presented on Sept. 23 at the Nokia Theatre and broadcast live on ABC.

Vietnam, which was on the Vietnam War in the '60s and was a hugely rated show.

“That was my big break, really, as an actor.”

Sarah Paulson, nominated for her supporting work in the TV movie *Game Change*, loved *Who's the Boss?* “Angela and Tony were who I wanted to be when I grew up. I wanted to have that relationship,” she said. “I watched a lot of television growing up and they were like my surrogate parents. Angela and Tony. I loved 'em.”

Jesse Tyler Ferguson, Maya Rudolph and Zooey Deschanel were all fans of *The Cosby Show*. Ferguson and Rudolph even dreamed of joining the family.

“It felt very familiar,” the *Modern Family* actor said, “and I wanted desperately to be a part of that family.”

Rudolph, nominated for hosting *Saturday Night Live*, said if she were to join the show, “I would have to be a fictional cousin, because I don't think they needed any more children. I don't think the Huxtables needed any more children. But, listen, if Denise needed a best friend to go shopping with, that's who I would be.”

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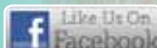
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Radio host Jian Ghomeshi's memoir, *1982*, is in stores Tuesday. HANDOUT

# Ghomeshi opens up

**Reading.** Popular CBC radio host discusses his awkward teenage life in new memoir

While crafting his memoir, Jian Ghomeshi kept a target audience in mind.

"It's meant for anyone who can identify with being an oddball in high school," Ghomeshi said during a stop in Toronto to promote *1982*, in stores Tuesday. "Because it really doesn't change that much from what 20-somethings and 60-somethings on either side of me tell me now."

*1982* is about the 14-year-old Ghomeshi growing up in Thornhill, Ont. — a David Bowie-obsessed Persian-Canadian immigrant in love with a cool older girl and desperate to fit in with the New Wave crowd.

Already a recognizable personality as the host of CBC's daily talk radio program, *Q*, Ghomeshi reveals a more personal side through a collection of 12 music-infused stories that span what he calls a very formative year in his life.

In a candid and witty account of that all-too-familiar

awkward stage of adolescence, Ghomeshi shares everything from his obsession with hair gel and pointy black boots to his father's confusion over all of his antics.

"I am me on my show on CBC, but I don't think people see all of me," Ghomeshi says. "I was cognizant about half-way through writing the book that 'Oh, this is going to be a surprise for the people who only know me as the guy interviewing so-and-so.'"

Ghomeshi says he's been approached to write a book before, but wasn't interested in a "womb-to-tomb" memoir. Instead, he chose a project that tapped into his creative energies.

"I wanted (the story) to be relatable, I also wanted it to be entertaining," he says. "I want people to laugh, I want people to be able to feel the more heavy moments."

Music is the driving force of the memoir. Most anecdotes reference at least one glam rock icon, while every chapter is labelled by a song title. The Talking Heads' *Once in a Lifetime* chapter covers Ghomeshi's monumental day at the Police Picnic concert, while David Bowie's *Let's Dance*

## Quote

**"It's meant for anyone who can identify with being an oddball in high school."** Jian Ghomeshi

chronicles that fateful last dance where he wins and loses an elusive girl named Wendy in one whirlwind evening.

"Bowie, Talking Heads, the Clash — that's my life right there," Ghomeshi says. "And I will leave this interview and go cry in a fetal position in the corner thinking about how I lost Wendy."

Ghomeshi also works hard to channel his 14-year-old voice into the story, making sure to establish the nuances of teenage life in the 1980s that didn't include Facebook, laptops or iPhones.

"There's a bit of a wink to Generation-Xers, people in their 30s, 40s, early 50s, who will understand what it was like to get a girl's phone numbers and have to call her parents' house before cellphones and texting," Ghomeshi says. "All of which was pretty traumatic stuff." THE CANADIAN PRESS

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MICHAEL JACKSON



# Bob Crawford carves out his feelings with The Carpenter

**Seeking solace.** As Avett Brothers bassist watched his daughter fight brain cancer, he brought his strong emotions to music

When things were at their worst, music was a refuge for Avett Brothers bassist Bob Crawford.

Crawford has spent much of the last year caring for his daughter, Hallie, who is fighting brain cancer at the ever-so-tender age of 2. He was off the road and away from his band, travelling to and from St. Jude Children's Research Hospital in Memphis, Tenn., from their home in North Carolina.

Between the scans and the doctor's evaluations and the omnipresent worry, Crawford would sometimes slip away for a few minutes and pick up a fiddle.

"Just spending a half hour in a little room messing around on that thing (has) been some of my most relaxing moments over the past year," Crawford said.

"This whole affair has kind of put music back where it needs to be in my life and my heart."

Hallie has improved enough for Crawford to re-join the North Carolina roots rockers as they release their new album, *The Carpenter*, and launch a fall tour. His daughter still has a long way to go, but she's doing well enough that he feels comfortable leaving her.



After a difficult year, the Avett Brothers are back to focusing on music with a new album and fall tour. MARK HUMPHREY/THE ASSOCIATED PRESS



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On the day of his interview, he had just wrapped up a wagon ride down the road with his daughter. Precious time.

"It is always a great thing. Always," Crawford said in a phone interview.

"I tell you, you love your kids immediately as soon as they're born and you can't imagine a greater love than what you share for them. Then something happens or someone gets seriously ill, it heightens all the emotions and the joys get more joyful and the fears and sadness are even more stressful."

The Rick Rubin-produced *The Carpenter* examines that full spectrum of emotions. Already known as a band with its heart on its sleeve — the group's breakthrough albums were titled *Emotionalism* and *I And Love And You*, after all — they dig deeper than ever on an album that's at turns sombre, achingly beautiful and fully aware of the perils of life.

Rubin thinks the trio, who rose to a new level of prominence after appearing with Bob Dylan and Mumford & Sons on the 2011 Grammy Awards, has learned to cut to the bone with its songwriting.

"Sometimes it's with sadness but sometimes it's with beauty, but either way it feels like you're getting in to see somebody in an intimate, vulnerable moment," Rubin said.

THE ASSOCIATED PRESS

# Matchbox Twenty mix a little woods and a little wine in LP

**Nashville sessions.** Booze-soaked recordings yielded some questionable tracks, but they didn't make the final cut

Matchbox Twenty's new album was somewhat like living in a frat house — with tons of red wine instead of beer.

While creating *North* — and living together in Nashville — lead singer Rob Thomas jokes that the foursome "spent, like, \$40,000 on wine. Just on the wine."

"At 5, 6 o'clock, we'd break for dinner and things would

just go south," Thomas, 40, said in a recent interview. "And we would think it was awesome, everything we were doing was awesome, and we'd come back in and we would meet some new band out in the middle of Nashville and bring them back to the studio ... and play all this crap. I know they walked away going, 'Dude, the new Matchbox Twenty record is going to

suck!'"

None of those songs made it on the album *North* — which may be part of the reason it debuted at No. 1 on Billboard's 200 albums chart last week after selling 95,000 units, according to Nielsen SoundScan. The rockers recorded the album, "in the woods" of Nashville.

THE ASSOCIATED PRESS



Matchbox Twenty's new offering is *North*. CHARLES SYKES/THE ASSOCIATED PRESS

The recording process for



# METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

## The Word



### Even millionaires get the blues



**THE WORD**  
Dorothy Robinson  
scene@metronews.ca

Life is so hard for millionaire Miley Cyrus.

The starlet got a bit mokey the other night with a series of introspective (stoned?) posts to Twitter, causing fans to worry about her happiness.

"Ever feel like you want just ... something more? Not sure what

exactly. Passion perhaps?" she tweeted.

"Sometimes I feel like I love everyone more than they love me. Hate that feeling. Maybe it's not that they love you less. They just love you the most they are capable of loving." But Cyrus was quick to clear up any confusion over the state of her engagement to Liam Hemsworth, posting, "No, there is not trouble in paradise."

Anyone else read this and picture Miley writing this while gazing wistfully out the window while a lone tear streaks down her face, coming to rest on her \$1,000 intentionally distressed Marc Jacobs sweater?



Chris Brown

### 'Warning: Do not buy this album! ...'

Chris Brown may have trouble moving copies of his new album, *Fortune*, thanks to one record store chain's interesting warnings.

At London locations of

HMV, copies of Brown's CDs have reportedly been affixed stickers that read, "Warning: Do not buy this album! This man beats women," according to *Hollyscoop*.

### LuAnn De Lesseps is trying for a baby

LuAnn De Lesseps is so ridiculous I don't even want to waste my energy writing about her. But I will, as it is my sacred duty to you, my reading public. Apparently (and no way this can be real), the 47-year-old former *Countess* is getting IVF treatments along with her 37-year-old French boyfriend Jacques, the man whom she was just caught possibly cheating on while at a trip to St. Barts.

"We're moving forward. I'm going to try IVF," LuAnn says. She then makes a crack that Jacques thinks IVF means "Israeli Defense Fund." You sure you want to procreate with this dude, LuAnn?

"LuAnn is either trying to sell me on the story that everything is perfect or she's trying to sell herself," her co-star, Heather Thomson, said on a recent episode of *The Real Housewives of New York City* in a moment of surprising insight.

Or, you know, she's trying to sell a desperate, untrue plot point made up by a team of diabolical producers at Bravo.

DOROTHY ROBINSON

## Minaj, Urban join Mariah Carey as *Idol* judges

The new lineup for the 12th season of *American Idol* is in place, with singers Nicki Minaj and Keith Urban joining already hired Mariah Carey.

And original judge Randy Jackson — the only holdover from last season — will keep his spot on the panel.

The news was announced on the reality show's Twitter account.

Urban had quit his gig as a judge on the Australian version of *The Voice* last week, prompting speculation that he had in fact signed on for "Idol."

There's no word yet on what Minaj and Urban will be making, but chances are it won't be as much as Carey, who earns a reported \$16 million for one season of the show.

## Twitter

@SandraBernhard

the #x-factor watched it standing up just long enough to catch the tiny beiber look alike get much love from #britneyspears heart wrenching

@ParisHilton

Life only comes around once. So do whatever makes you happy & be with whoever makes you smile.

@JonahHill

Listening to Necro for the first time since high school while pulling an all Nighter on Wolf Of Wall Street. Starting to get loopy.

@SethMacFarlane

You kids don't remember, but once there were sitcoms about something other than gay guys.



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Bonnie Munday  
Editor-in-chief  
Best Health Magazine

Want to keep your body burning fat and calories all day long? In the October issue of Best Health magazine, on newsstands now, regular contributor Dr. Susan Biali offers 10 strategies for boosting metabolism. Here are four of them.

**1. Enjoy coffee or green tea.**

Your morning cup of joe gives your calorie burn a boost for up to two hours. Green tea is a powerful metabolism stimulator, too; drinking it frequently can help to accelerate weight loss.

**2. Get enough sleep.**

Less than seven hours of sleep a night messes with metabolism-regulating hormones. If you're sleep-deprived, you process carbs less efficiently, and that increases your risk of obesity.

**3. Eat more protein.**

A 2012 study found that people who ate more protein had a higher resting metabolic rate. Women often don't get enough, so have some lean protein such as fish, chicken or eggs.

**4. Add chili peppers.** Capsaicin in chili peppers stimulates your nervous system and improves your metabolism after meals. Adding chili to foods also curbs your appetite, so you'll eat less. These benefits are maximized if chilies are eaten regularly, so find ways to spice up your life.

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## On the web



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Salt-high blood pressure  
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suggests

# Bust that BBQ bulge with these workouts

**Summer is over.** It's time to work off those extra steaks that you and friends chowed down on during the sunny months

**MEREDITH  
ENGEL**

Metro World News

As summer winds down, you're likely done trying to get your bikini body or Phelps-like abs. But that doesn't mean you should go hide in sweats for the next nine months. We enlisted Adam Rosante, celeb fitness trainer and founder of The People's Bootcamp, which offers pay-what-you-can classes in New York, to give us some moves to get you fit for fall.

Why these specific exercises? "(These) exercises target almost every single muscle in the body," Rosante says.

Perform each exercise for 40 seconds with 10 seconds of rest between each move. After you've completed all of them, that's one cycle. Rest for 60 seconds, then repeat. Perform the cycle three times. Be sure to keep your core tight throughout.

**Warm-up**

Stay away from the long stretches, Rosante says.

"To just jump right into a long, static stretch is a good way to tear the muscle or fatigue it to a point where you then injure yourself during the workout. You just want to move around and really get the blood flowing. It creates pliability and elasticity in the muscles. Then afterwards, you get into that static, long stretch cool down. That



Summer is over so it's time to get rid of that BBQ bulge. ISTOCK PHOTOS

will elongate those muscles and help prevent them from tightening up and becoming short and constricted, so you get a nice long, lean body."

What counts as a good warm-up? Jogging in place for 20 seconds, 20 to 30 seconds of jumping jacks and some torso twists.

"Anything you can do to get your body moving in a functional way," he says.

**Power thrusts**

Stand with feet hip-width apart. Squat until thighs are almost parallel to the floor, then place your hands on the floor in front of you. Kick your feet back to a push-up position. Immediately return your feet to the squat position and jump straight up as high as you can, reaching the fingertips up

and bringing the knees to the chest. Land with soft knees and immediately drop back into a squat. Continue the sequence for 40 seconds.

**Push-outs**

Start in a push-up position with hands directly below your shoulders. Perform a push-up. At the top of the motion, lift the left hand up and bring it out about a foot to the left on the ground. Perform another push-up with staggered hands. At the top of the motion, explode the left hand back to normal push-up position. Do another push-up. Repeat the move with the right hand. Continue, alternating for 40 seconds.

**Scissor switches**

Stand with your right foot

forward and left foot back. Keeping your torso upright, lower yourself into a lunge until your left knee is bent and your right thigh is parallel to the ground. Jump up and scissor your legs mid-air to land down with soft knees in a lunge with your left foot forward and your right leg back. Continue alternating for 40 seconds.

**Power kicks**

Stand with your feet hip-width apart. Bring your fists up just below your chin. Now, open up the chest and pull the shoulders down the back. Alternate waist-high front kicks, springing softly from foot to foot so you're never on more than one foot at a time. Continue alternating for 40 seconds.

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# Triathlete Paula Findlay falls in high-risk group for anemia

**Elite female athletes.** Canadian Olympian talking about how her disease was overlooked in the lead up to London

The image of a sobbing Paula Findlay crossing the finish line in last place will be one of the most enduring of the London Olympics.

The distraught 23-year-old triathlete from Edmonton said she just "had nothing in my legs," which she now believes was largely the result of iron deficiency anemia.

Canadian sports medicine and nutrition experts say Findlay's health diagnosis isn't particularly surprising.

"Probably our highest risk group is the female elite endurance athlete," said Dr. Julia Alleyne, who's worked with Canadian athletes at five Olympic Games and is the medical director for Sport Care — the sports medicine clinic at Women's College

## Facts

Women are more susceptible to iron deficiency anemia because of menstruation and because of their diet — they, on average, eat less red meat than men.

- **Symptoms.** Athletes are even more susceptible because iron is lost through both sweating and through the digestive

system during exercise. Iron is also lost through "heel-strike hemolysis," a process that sees red blood cells destroyed with each running step. Mild iron deficiency can be difficult to detect, said Alleyne, and many athletes don't show symptoms until the condition is moderate to severe.

## Quote

**"It is a simple but quite serious problem that likely had a huge impact on my race in London..."**

Paula Findlay

Hospital in Toronto.

Findlay announced earlier this week she was cutting her season short due to iron deficiency anemia. She had hoped to make up for her heartbreak in London with a strong showing at next month's world championships in New Zealand before

recent blood work showed low levels of iron.

"Unfortunately the numbers came back with some of the lowest iron levels that the doctors had ever seen," Findlay wrote in a blog entry earlier this week. "It is a simple but quite serious problem that likely had a huge impact

on my race in London, and got overlooked because of the focus on healing my injury."

Anemia occurs when a person's blood contains insufficient red blood cells, which carry oxygen to tissues. Symptoms include fatigue, weakness, lightheadedness and mood changes.

"If you're iron deficient, it's more difficult to recover between hard intense effort, it's harder to clear lactic acid, there's not as much oxygen in the blood, which would affect endurance," said Kelly Anne Erdman, a dietician and former Olympic cyclist.

Findlay's diagnosis was more bad news for the former world No. 1 triathlete. A hip injury that had plagued her for a year limited her to just six weeks of quality training before the Games. She had hoped to build on those few weeks and salvage 2012.

Now Alan Trivett, director of Triathlon Canada, is investigating how Findlay's condition wasn't discovered by doctors ahead of the London Games.

THE CANADIAN PRESS

Triathlete Paula Findlay falls in high-risk group for iron deficiency anemia. FRANK GUNN/THE CANADIAN PRESS



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# Final bite of summer flavour



This recipe serves four. RYAN SZULC, FROM REISMAN'S FAMILY FAVOURITES (WHITECAP BOOKS)



**ROSE REISMAN**  
for more, visit  
rosereisman.com

This is the salad to make when corn is at its ripest.

I always look for small white and yellow kernels on cobs that have been picked that day if possible.

You'll have to go to a local farmers' market. It's well worth the trip.

If you want to make this salad year round, buy canned or frozen corn niblets and sauté about 2 cups in a skillet just until browned.

**1.** Lightly coat a grill pan with cooking spray and set over medium-high heat, or heat your barbecue to medium-high heat. Grill corn cobs about 5 minutes, or until corn be-

## Nutritional analysis

### Per serving

159 calories; 4 g protein;  
17 g carbohydrates; 2.9  
g fibre; 9 g fat; 1 g satur-  
ated fat; 0 mg chole-  
sterol; 168 mg sodium

gins to brown. Using a sharp knife, slice the niblets off of the cobs and place in a bowl.

**2.** Add red onion, roasted red pepper and basil to corn and stir to combine.

**3.** To prepare dressing, whisk olive oil, cider vinegar, jalapeño, garlic, salt and pepper. Pour dressing over salad and toss to combine. **ROSE REISMAN'S FAMILY FAVORITES (WHITECAP BOOKS)**  
BY ROSE REISMAN

## Ingredients

### Salad

- 3 fresh cobs of corn
- 1/2 cup diced red onion
- 1/2 cup diced roasted red pepper
- 1/2 cup chopped fresh basil

### Dressing

- 2 tbsp olive oil
- 1 tbsp apple cider vinegar
- 1 1/2 tsp finely chopped jalapeño pepper
- 1 tsp finely chopped garlic
- pinch of salt and pepper

## Health Solutions

### Better ways to sweeten up



**NUTRI-BITES**  
Theresa Albert  
DHN, RNCP  
myfriendinfood.com

Our bodies are not meant to process the intense sweetness of processed sugar. They are made to pull out the natural sugars that come along with other nutrients like the minerals in fruit and the fibre in whole grains.

If we remove the minerals and fibre, the pancreas goes into overdrive and chugs out more insulin than the body knows what to do with. What you really want to do is reduce the amount of sugar in your diet overall.

Then you want to change the type of sweetening to be sure that if you are eating it, it at least offers some other benefit.

Here are the better ways to sweeten up.

- Unpasteurized honey has antimicrobial and

antibacterial qualities that have been shown to soothe coughs and sore throats.

- Pure maple syrup (not artificially flavoured brands) contains trace minerals.

- Stevia is a no-calorie sweetener derived from an herb.

The trick is to train your taste buds to need less and less over time. Along the way, try choose something that offers even a little bit more than sweetness.

**THERESA ALBERT IS AN AUTHOR AND NUTRITIONIST IN TORONTO. SHE IS @THERESAALBERT ON TWITTER AND FOUND DAILY AT MYFRIENDINFOOD.COM**



## Refreshing. Grated Carrot Salad with Dates, Pistachios

**1.** In skillet over medium-low, heat oil. Add cumin seeds and cook, swirling pan occasionally, until they turn a shade darker and become fragrant, about 4 minutes. Remove the pan from the heat and stir in the paprika and the honey. Let the mixture cool to room temperature.

**2.** Meanwhile, coarsely grate

the carrots, preferably using the coarse grating disk on a food processor. In a large bowl, toss the carrots with the cooled oil-cumin mixture, the dates, lemon juice, pistachios and salt, using your hands to incorporate the dates. Stir in the mint just before serving.

**THE ASSOCIATED PRESS/ SARA MOULTON OF TV'S SARA'S WEEKNIGHT MEALS AND AUTHOR OF THREE COOKBOOKS, INCLUD-**

## Ingredients

- 3 tbsp extra-virgin olive oil
- 1 tsp whole cumin seeds
- 1 tsp paprika, sweet, hot or smoked, or a combination
- 1 tsp honey
- 1 lb carrots

- 1/4 cup chopped pitted dates
- 2 tbsp fresh lemon juice
- 1/3 cup shelled natural pistachios or walnuts, chopped
- 1/2 tsp kosher salt
- 1 tbsp shredded fresh mint



This recipe serves six. MATTHEW MEAD/ THE ASSOCIATED PRESS

ING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

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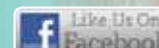
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# Single? It may be unhealthy for you

**Study.** Researchers in Sweden find that single men are least likely to believe they could influence their own health

CELIA  
MILNE  
For Metro

Ever noticed single men don't seem to care about their health? It's not your imagination.

A large study in Sweden has found that men who don't live with a mate are less likely to believe they can influence their own health. As a group, they are less motivated than others.

Researchers studied 28,198 men and women between the ages of 18 and 80 to find out whether they possessed a social factor called "internal health locus of control" which essentially means a belief that your behaviour influences your health. They found 33.7 per

cent of the men and 31.8 per cent of the women lacked internal health locus of control.

Single men living alone were the least likely to believe they could influence their own health through things like eating a healthy diet, exercising regularly, not smoking and keeping alcohol consumption under control.

Men and women who were widows also scored fairly low on the tests.

Yet these healthy behaviours are known to help prevent cardiovascular disease, diabetes and some forms of cancer.

"Marital status affects health locus of control," says Martin Lindström, a professor of social medicine at Lund University in Malmö, Sweden.

He believes this finding is important for policy makers as they design messages to promote healthy behaviour.

While the study was conducted in a Swedish population, it may be applicable to Canada. "Health promotion should particularly consider some marital status groups," he added.



OK there Columbo, you know smoking is bad for you, right? ISTOCK

## Advice

### Elevator etiquette



**CHARLES THE BUTLER**  
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When in an elevator at the office or home, have you ever pushed the 'close the door' button while someone was coming toward you, or do you always hold the ele-

#### vator door open for them?

If truth were told, of course I have pushed the 'close the door' button in the past, but I actually make an effort to hold the door for people, as I am always appreciative when others do that for me.

The few times I have pushed the 'close the door' button is when someone is very far away down the hallway and I'm running late for a meeting. But while we are on the topic of elevators,

here are a few of my own pet peeves.

1. People who talk on their cellphone while in the elevator
2. Not stepping out of the way, or even out of the elevator, when others are trying to get out.
3. Parents who allow their kids to push all of the buttons thus forcing the elevator to stop at each floor.
4. Jumping the line to enter the elevator when people are waiting.



This elevator sign should include the words 'No cellphones.' ISTOCK



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HEMERA/THINKSTOCK

# GET INVOLVED

## MAKE THE MOST OF STUDENT LIFE WHILE ON CAMPUS

Whether you live in residence or on your own, a great part of university life can happen on campus. But how to ensure you make the most of it?

Marlene Gross, manager of services for new students at Concordia University, says start with a full tour of campus. If you don't do it now, you might spend your entire academic career in your one corner of campus. "It really gives you a full feel of the university," she says.

Sarah Morris, assistant director of student services at Saint Mary's University, says orientation events are a good



BANANASTOCK/THINKSTOCK

first step. "It's a great way to meet new people. Saint Mary's has (people from) over 90 countries on campus so it's a great way to see what the world is all about and stay home at the same time."

SMU also hosts a Society Expo for the more than 60 groups on campus, as well as a volunteer fare; both are excellent ways to extend your social network. At many schools you will already be

paying for gym membership, or have a discounted price, so find out to what you are entitled.

Mitchell Miller, student life co-ordinator at McGill University, says organizations such as the Student Society of McGill University can connect you to hundreds of societies and clubs, from charities and social activism to commerce and mentoring programs with older students. Faculty and departmental clubs will give you a chance to find study buddies.

Campus life can also be a good way to try potential careers. McGill has a campus radio station, CKUT, for those interested in broadcasting. "Student life is a really important way to get involved in it," he says.

Student newspapers are another way to gain writing experience, and to go to fun events. Mitchell says he was a very involved student and it paid off. "The skills it helped me build are so helpful now in my career path," he says. "It really increases your social circle."

Marlene Gross cautions that your workload in September is probably the lightest it will be all year, so be careful not to over-commit to extracurricular activities. Get an agenda and mark out your fixed items like classes, study time and work shifts, and then think about what else you can manage.

"It's all about balance and time management. It's important to get involved, but not to skip classes," she says.

—Jon Tattrie



# A CLEAN START

## A NECESSARY FACT OF LIVING ON YOUR OWN

Away from home for the first time, cleaning your mess is probably the last thing on your mind. But it's a necessary fact of living on your own.

Some students come by it naturally, while others need some prodding, says Cate Morrison, a residence life manager at the University of British Columbia.

"We've found cleaning issues are one of biggest sources of roommate conflicts," says Morrison. "If they can be proactive about it early on by establishing a schedule it eliminates conflicts later on."

To help students, the university offers a printed schedule with a rotating set of duties it suggests be assigned to each roommate. The school even provides tip sheets on how to clean a kitchen in 15 minutes or how to degrease an oven.

While many residences provide some degree of cleaning services, it's a good idea for students to know how to clean in between visits from the pros. Besides, some residences don't clean the student's bedroom and often students will live off campus and need to fend for themselves.

"I'd say cleaning is one area that stu-

dents lack in their general preparation for leaving home," says Cal Littlejohn, director of residence and conference services at Fanshawe College in London.

Littlejohn recommends students supply their cleaning arsenal with a degreaser, a window cleaner and laundry products. Neutral, non-corrosive cleaning products are best, he says.

Morrison suggests students stock up on cloths, dusters, all-purpose cleaners or wet cleaning wipes that come in a canister. Dish soap is handy to have as some students like to prepare meals or snacks in residence.

An odour eliminator such as Febreze is also a good idea to help freshen up stale rooms, especially in winter when windows are often closed.

UBC offers programs that teach students how to make green cleaning products. Recipes cover window and mirror cleaner, mould killers, baking soda scrubber, and a natural fruit fly trap.

Both schools offer an orientation on how to do laundry with tips on how to separate laundry and how to wash delicates.



ISTOCKPHOTO/THINKSTOCK

"They either usually get the hang of it or wait till they go home on weekends for mom or dad to do," Littlejohn says.

"They figure it out when white socks turn pink."

— Kelly Putter

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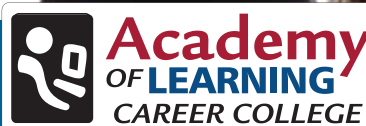
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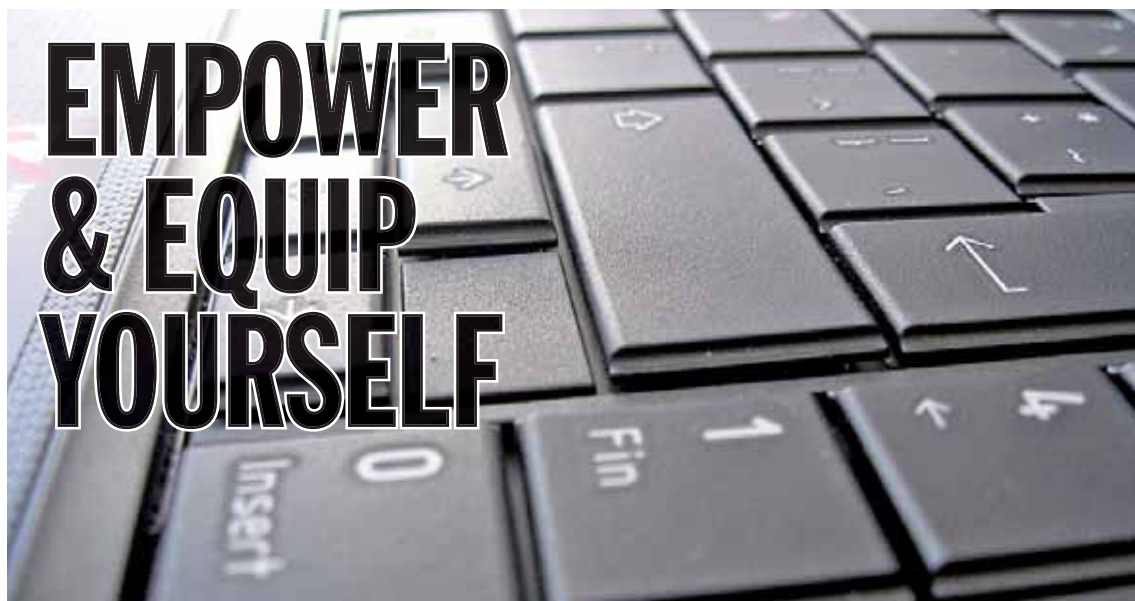


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very comfortable and equipped in either the management field or the information technology field, but rarely do they enter excelling in both these areas," says Sandra Lacza, management programs coordinator, University of Alberta, Faculty of Extension.

"This program is unique in that it approaches the subject matter from a variety of angles and places a strong emphasis on

both information technology and management."

This part-time program is designed to empower and equip students to understand the unique challenges and needs of management within the information technology field, which includes a strong business sense, competent analysis, strategic planning, understanding of information technology and advancements within

the industry, and how to predict and move an organization and company forward using innovation and advancement.

According to Lacza, this program zeroes in on the specific areas where these two fields intersect and focuses on the management needs unique to the information technology industry.

Skills learned in this certificate will give students a greater understanding and competency.

"Information technology managers must be able to communicate their decisions, their vision, and their expectations, and must learn to effectively motivate and manage individuals with an industry that regularly experiences massive change," says Lacza.

"Finally, there must be a strong understanding about the information technology field as it currently is, as well as where it is moving in the future."

Graduates of this program may go on to careers in major corporations, academic institutions, government bodies, not-for-profit organizations, and many others.

"This is a field that is growing and is likely to continue growing in the future, creating new opportunities as technology continues to evolve," says Lacza.

To learn, visit [extension.ualberta.ca/study/management/itm](http://extension.ualberta.ca/study/management/itm). Registration can be done online or by calling the registration office at 780-492-3119.

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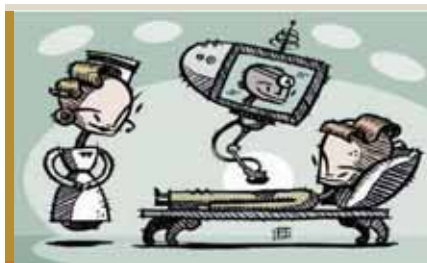


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EVELINECHARLES ACADEMY PHOTO

# EVELINECHARLES IS A CUT ABOVE

The hair design program at EvelineCharles Academy allows students with an interest in beauty, art and fashion to express their creativity while training for a prosperous career.

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At EvelineCharles Academy, students learn the fundamentals of hair design and

of the beauty industry through both classroom and practical studies. Within a state-of-the-art learning facility, they are taught by experienced and qualified instructors — instructors who are passionate about the industry and dedicated to the success of their students.

“I wouldn’t have gotten where I am today without EvelineCharles Academy,” says Emily, an EvelineCharles Academy graduate. “Now that I’m working, I know how valuable everything I learned there was. Not even just the hair training, but

the business classes and the real world insights from the teachers, too.”

EvelineCharles Academy ensures that all students have a meaningful and rewarding learning experience. This lucrative, ever changing, exciting career offers endless opportunities for those who master it. If you have the passion, EvelineCharles Academy will give you the skills you need to take hold of your future and begin a successful career.

For more, see [evelinecharles.com/beauty-school](http://evelinecharles.com/beauty-school).

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While most students wait until they are finished their education to start the job hunt, the students at Digital School are one step ahead.

By taking initiative, these students are in the driver’s seats of their future careers.

“I have every term this year, those students that are go-getters, that go out and find their own jobs before they even finish school,” says Bruce Brouwer, student support services at Digital School.

“This term, I have two students that

were hired on with companies one month before completing their programs.”

Brouwer adds that he has another student who is not finished his course until December, but who is already being considered for a job once he has completed school, and the company is willing to wait for him.

“This doesn’t come easy,” says Brouwer. “These three examples are top students with 100 per cent attendance and honours standing.”

Digital School also offers a number of

full-time CAD (computer aided design) programs that are less than one year in length. CAD courses include computer aided drafter certificate, architectural CAD diploma, and engineering CAD technician diploma with process piping specialization.

Through drive and hard work, teamed with the quality of education they receive at Digital School, students will be placed on a good path for employment.

For more, or to speak to an admissions adviser, visit [digitalschool.ca](http://digitalschool.ca).



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## RUPERTSLAND HELPING MÉTIS REALIZE POTENTIAL

Knowing first hand the value of educational funding, Yvonne Poitras Pratt has turned her quest for education into a career at Rupertsland Institute to help other Métis students achieve higher education.

Through the use of endowments, or Métis Scholarship Awards, Métis people are able to achieve educational goals and dreams without the worry of heavy financial burdens.

“These endowments are supporting a new generation of Métis people in realizing their potential,” says Poitras Pratt, PhD, associate director, Métis Education and Advancement, Rupertsland Institute, Métis Centre of Excellence.

In 1996, Poitras Pratt decided to head back to school as a mature student with three young children.

At that time, it became her job to seek out scholarships and awards to pay her tuition and only finds it fitting that she now helps others do the same.

“The endowments that we are creating give Métis students financial support to reach their goals as well as a feeling of community support in reaching their dreams,” says Poitras Pratt.



RUPERTSLAND INSTITUTE PHOTO

“As one of Canada’s three nationally recognized Aboriginal groups who have continually struggled to have their Aboriginal rights recognized, the Métis are increasingly pursuing education as one avenue to empowerment.”

The Rupertsland Institute functions as both a training and education facility, as well as a research and development institution to deal with the gaps in Métis education.

On Oct. 3, Rupertsland Institute is pleased to be making an endowment announcement at the University of Calgary.

For more, visit [rupertsland.org](http://rupertsland.org).



# LOOKING AHEAD

## TECHNOLOGY AND FUTURE OF MEDICINE AT THE U OF ALBERTA

It may seem like the distant future or story lines in movies, but professors at the University of Alberta are already thinking ahead to the day where man is no longer smarter than machine.

The technology and future of medicine course explores this possibility and how to create a positive outcome.

"The technology and future of medicine course is about the coevolution of humans and machines and the very good things and very bad things that could occur as machines become smarter and smarter and finally exceed human beings in intelligence," says Kim Solez, MD, professor of pathology, University of Alberta.

"There could be a post-scarcity world of abundance where we all have everything we need and want or a world of enormous



UNIVERSITY OF ALBERTA PHOTO

strife and job loss for human beings."

Students of this program will gain insight into likely future scenarios in the coevolution of humans and machines to help them to prepare for and shape the decades to come.

"There is no other course like this teaching about the technological singularity — that future point in time where machines become smarter than we are — at the university or anywhere else in the world at the moment," says Solez.

"It is a course uniquely able to prepare students for the likely technological future they will face in their lifetime and allow them to shape that future in a positive way."

There are no exams in this course.

This program is open to both graduate and undergraduate students from all faculties at the U of A.

For more, visit [singularitycourse.com](http://singularitycourse.com).

# TURN COLD CALLS INTO HOT PROSPECTS

A trio of new continuing education business courses at NorQuest College is designed to turn cold calls into hot prospects.

The Fortune 500 cold calling techniques, customer relationship management, and corporate sales training and techniques courses are geared towards learners that work in a corporate sales environment. This includes people working in sales, fund development and recruitment. The courses can be taken individually or as a package.

Get cold calling tips and techniques, and find out how the appropriate use of social media contributes to success in the Fortune 500 Cold calling techniques course (Oct. 9 and 11).

Learn how to organize prospects and clients into a customer relationship management (CRM) database and the advantages a CRM system offers business management and development in the customer relationship management course (Nov. 6 and 8).

And don't miss the opportunity to become a true sales professional in the



NORQUEST COLLEGE PHOTO

corporate sales training and techniques course, which focuses on networking, the sales cycle and persuasive communication techniques (Dec. 4 and 6).

For more about the courses or to register, call 780-644-6480 or email [continuingeducation@norquest.ca](mailto:continuingeducation@norquest.ca). For more about NorQuest College, visit [norquest.ca](http://norquest.ca).

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# TURN THAT DREAM JOB INTO REALITY

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Everybody has a dream career that they would love to pursue. It's the kind of job you would be willing to do for free because the money doesn't matter. Doing it just makes you happy.

The Internet is full of websites offering advice about how one can land their dream job. For the person trying to sift through all of this information, it can be a disappointing process as relevant information can be difficult to find and the advice might not be very good.

That's where CareerBear.com comes in to save the day. The site is Canada's premier information source for people who want a new career, but aren't sure where to start their search.

One of the things that makes Career Bear so unique and effective is that its content is Canadian, so the articles are tailored specifically to what's happening in Canada, as well as what will be happening in the future. This ensures the


ISTOCKPHOTO/THINKSTOCK

information is relevant and applicable to readers.

At the home page of CareerBear.com, you can browse careers by industry, salary, outlook or alphabetical listing. On each career page, you will find job profiles, quick career facts and training programs near you.

In other words, not only does Career Bear provide you with information about how to make the move, but it also suggests programs and schools in your area that can help make the dream a reality.

To date, more than 65 detailed profiles have been written about careers in fields such as business, writing and language,

## HAVE A QUESTION?

Are you looking for information on a career that isn't featured (yet) on Career Bear? Get in touch via email at [contact@CareerBear.com](mailto:contact@CareerBear.com) on what career the site should be profiling, as well as any other thoughts you have about the site.

creative arts, engineering and science, culinary arts, IT, trades, medical and health, legal and professional, and more. As time goes on, this number will only continue to grow.

Career Bear is loaded with great content and in the coming weeks (and months), it will continue to add great general interest articles. Topics that have been covered recently include why you shouldn't stay in the same job for more than five years, the careers with the fastest salary growth, the best jobs for working moms, and the 10 hottest career options for the next five years.

Check out CareerBear.com today to get a head-start on landing your dream job of tomorrow.

## Career Bear

I've got details on flexible careers, jobs with the fastest salary growth, keys to loving your job and the schools and tools in your area to help you become what YOU want to be.



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To register and for full contest details, visit [clubmetro.com](http://clubmetro.com)




# GRADUATE QUICKLY

## WITH TRAINING FROM ACADEMY OF LEARNING

Celebrate the 25th anniversary of Academy of Learning with the gift of education.

If you missed the September intake at other institutions, Academy of Learning has you covered.

"Even though you may feel like you've missed the September boat at traditional, semester-based schools, with our continuous intakes we can get you started right away," says Brady Sylvester, admissions adviser for Academy of Learning.

"Where other colleges might have you waiting until next September, if you enrol in an Academy of Learning program today, you could be done by next September and out looking for work."

Academy of Learning offers career training in the main areas of health care, office administration, accounting, IT, and web design.

By offering enrolment each week, year



XXXXPHOTO-CREDITXXXX

round, students will not have to wait until the next semester or worry about waiting lists. And with their finger on the pulse of the current labour market, Academy of Learning offers the programs employers are looking for.

"Ninety-seven per cent of graduates from the 2011-2012 academic year found jobs in the areas they trained for," says Sylvester.

Academy of Learning is a business and career college that offers diplomas in a number of fields in less than a year.

At Academy of Learning, a one-year program is equivalent to a normal two-year program at a semester-based college.

"It's never too late to enrol at Academy of Learning," says Sylvester.

For more information, visit [academyoflearning.ab.ca](http://academyoflearning.ab.ca).

# BECOME A HEALTH-CARE LEADER THROUGH U OF A

By encouraging their students to step up into leadership roles, the University of Alberta Faculty of Nursing is helping to shape the future of nursing and nursing education.

"Nurses are at the forefront of enhancing health care, and we need strong leaders to advance the profession and improve health care," says Anita Molzahn, dean of the Faculty of Nursing at the University of Alberta.

"Student leadership opportunities provide an important means to both develop skills and to make contributions that will leave a lasting impact on students, curricula, and health care in the future."

For Maggie Danko, fourth-year nursing student and president of the Canadian Nursing Students' Association (CNSA), taking on a leadership role at the university was a natural fit.

"I became enamoured by the passion and energy of my peers who also cared about professional development and advocacy as nursing students, and I wanted to be able to make a difference," Danko says.

Danko has always had a passion for



Maggie Danko, centre.

UNIVERSITY OF ALBERTA PHOTO

pursuing a career in the field of health care, and decided to choose nursing as her path, like many of the positive role models in her life.

"I felt it was important to become involved in this and other leadership opportunities to prepare me for future leadership opportunities, since leadership is a huge part of the nursing profession," says Danko.

"I hope that, through my leadership experience, I've been able to add to the education of my peers by actively ensuring that nursing students have a cohesive voice on a national level."

For more information about the Faculty of Nursing, visit [nursing.ualberta.ca](http://nursing.ualberta.ca).

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**FACULTY OF EXTENSION**

[www.extension.ualberta.ca/management](http://www.extension.ualberta.ca/management)



# OPEN STUDIES AVAILABLE AT MACEWAN

In August, MacEwan University opened enrolment for its new open studies. Part of the university's continuing education, open studies allows learners to enrol in credit courses offered through the certificate, diploma and degree programs.

While continuing education at MacEwan University has typically offered non-credit personal and professional development courses, the addition of open studies allows unique groups of learners greater flexibility in their education.

Not sure which full-time or part-time program is for you? Sample courses from that program through open studies. Learners who want to enrol in a credit course for personal interest or to build professional skills rather than earn a credential will benefit from open studies.

Learners can also take one of the offered credit courses to qualify for a program or to get a head start on their education. Open studies even welcomes

students attending other post-secondary institutions — if MacEwan University offers courses that are unavailable at their current schools, learners can apply to

open studies as a visiting student.

In the 2010-11 academic year, 16,010 students were enrolled in non-credit courses at MacEwan University.

If you are interested in enrolling in a credit course through open studies, contact the Student Life Centre at 1-888-497-4622 to speak with an adviser.



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MACEWAN UNIVERSITY PHOTO



MACEWAN UNIVERSITY PHOTO

## EXERCISE BOTH THE BODY AND THE MIND

Imagine if somebody told you about something that was scientifically proven to improve your mood, reduce depression and anxiety, improve sleep, attentiveness, energy levels and the ability to concentrate — you would probably think it was too good to be true.

Actually, this quasi miracle drug is just plain, old-fashioned exercise.

An added benefit for students is that regular exercise can help improve their grades.

“You’ll find that people who are more physically active will tend to do better on memory tests than those who are not physical active,” says Brian O’Regan, a

kinesiologist and personal trainer at Mixx Fitness Studio in Vancouver.

At campus fitness facilities across the country, there is a great rush of students heading to the gym at the beginning of each semester. Within weeks, the traffic dies down.

So what can students do to not become one of the two-week casualties?

The key is to schedule exercise into your life by making it a top priority.

“Yes, you’ve got to study and you have opportunities to go out and socialize, but if you have a written plan, it’s easier to stick to it,” says O’Regan.

Sam Michael agrees. He is one of the



ISTOCKPHOTO/THINKSTOCK

head trainers at Gym-Zone Lasalle in Montreal. “If you just say, ‘I’m going to do it’ and don’t write it down, you’re not going to do it,” he says.

Michael recommends students exercise on the same days every week, much like

they take classes on the same days every week. He also says that if people are realistic with their time and how much time they can devote to exercising, it will be easier for them to stick to that routine.

— Richard Woodbury





Edward Allen

NAIT PHOTO



INGRAM PUBLISHING/THINKSTOCK

# RAW AND UNSCRIPTED

## NAIT NOW OFFERING STREET PHOTOGRAPHY COURSE

Take your photography to the streets with the new street photography course at NAIT.

"This course will give learners a broad-based knowledge of the practical and psychological aspects of street photography necessary for them to go out and produce interesting, engaging images time after time," says Edward Allen, photographer and street photography instructor at NAIT.

"It will also introduce them to a number of masters of the craft and their images, which will be critiqued by the class to gain insights into the fundamental elements of great street photography."

According to Allen, street photography has its roots in the early days of reportage photography where photographers would literally walk the streets and alleys of a town looking for compelling,

unposed images, (typically depicting people) that told a strong story visually. The style is still close to that of the modern day photojournalists/conflict photographers around the world.

"Street photography really grabs you by the nuts," says Allen.

"Nowadays, it represents a broad church of photographers making images that show 'life as it is' in any number of situations, but a key element is that it depicts spontaneous unscripted situations, and is often shot without any of the aids that a studio photographer might use, like lighting, props, etc."

Other learning resources will be introduced that offer inspiration to help learners develop their skills and photographic vision long after the course is completed.

"While the course is aimed at those who wish to develop their own street photography skills, the techniques, tips and exercises used would benefit many photographers who wish to get a fresh and exciting take on making great images," says Allen.

### PROGRAM INFO

The street photography course is made up of eight sessions, lasting three hours each and is 24 hours in total. The first class takes place Oct. 29, and runs Monday and Wednesday evenings from 6-9 p.m.

Registration is now open and can be done online at [nait.ca](http://nait.ca).



## ENGAGE CREATE INSPIRE

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### Street Photography [PHT65]

Aimed at photographers wishing to become confident and skilled while learning the practical techniques of street photography. This course is a rich mix of practical exercises, exploration, group-based discussions and critiques. Students will explore the construction of successful street photography by using techniques learned in class, like composition, timing, and camera settings.

Fee: \$435 Hours: 24

Mon & Wed, 6:00 pm - 9:00 pm and one Sat, 8:00 am - 3:00 pm

Oct 29 to Nov 14

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to register call 780.471.6248  
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# Get ahead this holiday season by planning ahead

## Alison's Money Rule. Plan now to break habit of overspending during Christmas



**YOUR MONEY**  
Alison Griffiths  
money@metronews.ca

Good news! The Canadian Payroll Association's annual survey found that fewer of us would be in financial difficulty this year if a pay cheque was delayed — 57 per cent compared to 47 per cent in 2011.

Now for the bad news! The fact that nearly half of all Canadians would still face severe problems, coupled with record family debt loads spells trouble.

It means that any financial emergencies (and life does throw them at us) would have to be paid through greater debt.

The vicious cycle of debt can be broken. But in order to get ahead you have to plan ahead.

Take the holiday season, for example. Canadians spend about \$600 to \$800 on gifts and that much again on food, decorating and entertaining.

Surveys show that Canadians want to spend less but lack of planning and last minute shopping keep tipping us over budget.

There are 14 weeks until Christmas. You'll cut your holiday spending drastically if you create a plan.

### 1. Go light on the list

Do your holiday list right now and slash it by half, at least.

Cards, letters and phone calls are a wonderful substitute.

### 2. Re-gift

Ten per cent of Canadians give presents they know that the recipient won't like.

### In numbers

## 30%

Thirty per cent of Canadians do most of their holiday shopping in the 10 days before Christmas.

Go through your house and see what you can find.

Also, create a re-gift box and add to it throughout the rest of the year.

### 3. Use points

Cash in loyalty points for movie coupons or gift certificates.

### 4. No gift zones

Extended family members might be happy not to get a present if they don't have to give one.

Also have your kids make cards for teachers, coaches, tutors, etc.

They'll appreciate the effort more than a drugstore soap set.



The vicious cycle of debt can be broken if you take the time to plan ahead. ISTOCK IMAGES

### 5. Go with gift baskets

Plan them now and add items during sales. It is actually very enjoyable if you aren't stressed and doing it last minute.

Three years ago a beloved dog died and a friend dropped off a basket with winter greenery, homemade jam and a couple of biscuits to cheer up our other dog. Perfect.

### Private information

## Hacked! Learn some anti-fraud practices



**FUN AND FRUGAL**  
Lesley Scorgie  
money@metronews.ca

While on a fabulous European vacation last week, my social media accounts were hacked. The fraudster used a free 'secure' Wi-Fi zone at my hotel to pry into my private information.

Unfortunately, hundreds of fake emails and direct messages were sent out under my name and my business VISA account was compromised before I became aware of the issue.

I always take careful precautions to protect my private information, but I've learned from this experience that I need to step up my anti-fraud efforts.

Hands down, the best way to protect against fraud is to prevent it from happening in the first place using common sense and adopting some anti-fraud best practices.

Use secured wireless networks when you access the Internet. I could have potentially prevented my fraud experience by avoiding signing into my accounts while on an unfamiliar server.

I also made the mistake of not logging off my accounts immediately when I was finished.

When I reported my fraud, the very first thing I had to do was reset my passwords and make them more complex.

As a best practice, change

your passwords regularly (every few months). Ensure the password is difficult for fraudsters to guess and contains a combination of numbers and letter.

When surfing the Internet or social networking sites, limit the amount of information you disclose.

Whether through email or on the phone, never give out your address, phone number or banking information to an unfamiliar source.

Filter out bogus emails and phone calls. If you receive unsolicited email requests for information or even to click on an unfamiliar link, verify the message and sender using a third party unrelated to the message.

If you don't recognize a phone number, don't pick it up. Legitimate people will leave a message.

When shopping online, ensure payment websites are secure. If you're not sure it is, call the company that makes the product directly and talk to customer service manager.

Ensure your computer's operating system is fully updated and that you have a robust security system that blocks pop-ups and includes a personal firewall, anti-spam, anti-virus and anti-spyware.

Last, check your credit score at least once a year to see that there are no errors or items you don't recognize.

If you discover a problem, contact the credit bureau immediately and bring in law enforcement if you believe you've been defrauded.

Follow Lesley on  
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# Future uncertain for locked-out free agents

**NHL.** Work stoppage puts careers on hold and deters deals for unrestricted players

Two and a half months after becoming an unrestricted free agent, Kenndal McArdle is still waiting for the phone to ring.

And with the NHL in a lockout, it's unlikely he'll be getting contract offers any time soon.

The long wait "is something that can be frustrating, because the unrestricted free agent market is a lot smaller this summer because of the lockout," said McArdle, a 25-year-old Toronto native who grew up in Burnaby, B.C.

"There's more worrying and more uncertainty in your life. For a lot of us, hockey is our livelihood, and the uncertainty increases the amount of stress in your life. So it's been a long summer, to say the least."

McArdle is among a large group of unsigned players, young and old alike, who are waiting for the next collective bargaining agreement to determine where they will play.

Theoretically, McArdle and his contemporaries have time on their side and should be able to rebound from the lockout's impact on their careers — but

the older players do not.

McArdle spent 2011-12 with the Winnipeg Jets organization, suiting up for nine NHL games. Once considered a can't-miss kid, the winger is concerned the lockout will enable a new group of prospects to make their marks in the minors, and threaten his job security.

"It gives the young guys, or the guys that are coming up, another year to mature, another year to get ready, especially with the guys who will continue to play in the American Hockey League," said McArdle. "It can help them to propel themselves up to the next level."

McArdle's agent Kevin Epp predicts there will be a "big rush" of signings once a new collective agreement is reached.

Clubs that are close to the old cap have delayed signings until the new financial framework is set. Consequently, many players and agents are in wait-and-see mode.

"It's funny when you talk to (players), because they only know what we tell them — and we don't know a lot if nobody (at the CBA negotiating table) is doing anything," Epp said. "It's just (respecting) what history has shown us, and (understanding) how we have to be patient."

THE CANADIAN PRESS

## Quoted

"The current (unrestricted free agents) are in limbo because the first wave was signed and now everybody's waiting to see what the cap number will be."

Agent J.P. Barry

## MLB. Jays looking into reported homophobic slur on Escobar's eye-black

The Toronto Blue Jays say they're looking into reports that shortstop Yunel Escobar played Saturday's game against Boston with a homophobic slur written in Spanish under his eyes.

Several pictures posted online show Escobar with the message written in his eye-black, a type of sticker players wear under their eyes to reduce the sun's glare.

The words under the 29-year-old Cuban's eyes were "TU ERE MARICON" which can be translated as "You are a faggot."

"The Toronto Blue Jays do not support discrimination of any kind nor condone the message displayed by Yunel Escobar during Saturday's game," the team said in a



Jays shortstop Yunel Escobar at Rogers Centre on Saturday.  
GETTY IMAGES FILE

statement.

"The club takes this situation seriously and is investigating the matter."

THE CANADIAN PRESS



Former Canadiens players Mathieu Darche, left, and Steve Begin arrive for an informal training session at the Habs' practice facility on Monday in Brossard, Que. GRAHAM HUGHES/THE CANADIAN PRESS

## NHL

### Habs players lead major exodus to minor league

The Montreal Canadiens have assigned 21 players, including forwards Blake Geoffrion and Louis Leblanc, to the American Hockey

League's Hamilton Bulldogs.

The move comes after the NHL locked out its players on Saturday.

The Canadiens also assigned forwards Alexander Avtsin, Alain Berger, Michael Blunden, Michael Bournival, Gabriel Dumont, Brendan Gallagher, Patrick Holland, Philippe Lefebvre, Joonas Nattinen, Steven Quailer and

Ian Schultz.

Defencemen Nathan Beaulieu, Morgan Ellis, Brendon Nash, Greg Pateryn, Joe Stejskal and Jarred Tinordi and goaltenders Peter Delmas and Robert Mayer will also suit up for Hamilton.

All the players assigned are on two-way, entry-level contracts.

THE CANADIAN PRESS

## NHL

### Wild get creative to keep ticket holders on board

The Minnesota Wild are offering season ticket holders 10 per cent interest in return if they keep their accounts paid in full during the NHL lockout and don't request a refund.

The Wild announced Monday they'll credit those season ticket holders for any cancelled games, plus 10 per cent interest on the dollar value of tickets for the lost games. That can be applied toward future games or subsequent season renewals. Credit will be issued when a new collective bargaining agreement is reached between the owners and players. THE ASSOCIATED PRESS

## NFL. Falcons capitalize on error-prone Manning

Matt Ryan threw his 100th career touchdown pass, Roddy White had 102 yards receiving and the Atlanta Falcons defeated the Denver Broncos and error-prone quarterback Peyton Manning 27-21 on Monday night.

The Falcons (2-0) took advantage of three interceptions by Manning in the first quarter

and raced to a 20-0 lead. Manning brought the Broncos (1-1) back with two fourth-quarter scoring drives, but it wasn't enough to make up for his awful start.

The only other time he's been intercepted three times in the opening quarter was with the Colts in a 2007 game at San Diego. THE ASSOCIATED PRESS



Running back Michael Turner of the Atlanta Falcons dives into the end zone against the Denver Broncos in Atlanta on Monday. KEVIN C. COX/GETTY IMAGES

# 4 SPORTS

## Mobile sports



Qriket

Questionable calls by replacement officials in Week 2 are not sitting well with players and coaches around the NFL. Some are fuming and others wonder if the league is concerned about the integrity of the game.



## MLB

## AMERICAN LEAGUE

EAST DIVISION				
	W	L	Pct	GB
New York	83	63	.568	—
Baltimore	82	64	.562	1
Tampa Bay	78	69	.531	5½
Toronto	66	79	.455	16½
Boston	67	81	.453	17

CENTRAL DIVISION				
	W	L	Pct	GB
Chicago	80	66	.548	—
Detroit	77	69	.527	3
Kansas City	66	80	.452	14
Cleveland	61	86	.415	19½
Minnesota	60	87	.408	20½

WEST DIVISION				
	W	L	Pct	GB
Texas	87	59	.596	—
Oakland	84	62	.575	3
Los Angeles	80	67	.544	7½
Seattle	70	77	.476	17½

**Monday's results**  
Chicago White Sox 5 Detroit 4  
Boston 5 Tampa Bay 2  
Baltimore at Seattle

**Sunday's results**  
Toronto 5 Boston 0  
Baltimore 9 Oakland 5  
Chicago White Sox 9 Minnesota 2  
Cleveland 7 Detroit 6  
L.A. Angels 4 Kansas City 3  
N.Y. Yankees 6 Tampa Bay 4  
Texas 2 Seattle 1

**Tuesday's Games — All Times Eastern**  
Minnesota (Walters 2-4) at Cleveland  
(D.Huff 1-0), 7:05 p.m.  
Oakland (Griffin 6-0) at Detroit (Scherzer 16-6), 7:05 p.m.

**Toronto (R.Romero 8-14)** at N.Y. Yankees  
(Pettitte 3-3), 7:05 p.m.  
Boston (Doubont 10-9) at Tampa Bay (Hellickson 8-10), 7:10 p.m.

Chicago White Sox (Floyd 9-10) at Kansas City (Hochevar 8-13), 8:10 p.m.  
Texas (Dempster 6-1) at L.A. Angels (Weaver 17-4), 10:05 p.m.

Baltimore (W.Chen 12-9) at Seattle  
(Er.Ramirez 1-2), 10:10 p.m.

**Wednesday's Games**  
Minnesota at Cleveland, 7:05 p.m.  
Oakland at Detroit, 7:05 p.m.  
Toronto at N.Y. Yankees, 7:05 p.m.  
Chicago White Sox at Kansas City, 8:10 p.m.  
Texas at L.A. Angels, 10:05 p.m.  
Baltimore at Seattle, 10:10 p.m.

## AMERICAN LEAGUE LEADERS

**BATTING**—MiCabrera, Detroit, .330; Trout, Los Angeles, .329; Jeter, New York, .323; Maurer, Minnesota, .321; Beltre, Texas, .318; DavMurphy, Texas, .314; Butler, Kansas City, .310.  
**RUNS**—Trout, Los Angeles, 116; Hamilton, Texas, 98; MiCabrera, Detroit, 97; Kinsler, Texas, 96; Jeter, New York, 93; AJackson, Detroit, 92; Beltre, Texas, 90; Cano, New York, 90; Granderson, New York, 90; AdJones, Baltimore, 90.

**RB+**—MiCabrera, Detroit, 123; Hamilton, Texas, 123; Willingham, Minnesota, 105;  
**Encarnacion**, Toronto, 102; Fielder, Detroit, 98; Pujols, Los Angeles, 96; Butler, Kansas City, 95; Iland, 37; NCruz, Texas, 37; AdGonzalez, Boston, 37.

**HOME RUNS**—Hamilton, Texas, 42; **Encarnacion**, Toronto, 40; ADunn, Chicago, 39; Granderson,

## NATIONAL LEAGUE

EAST DIVISION				
	W	L	Pct	GB
Washington	89	57	.610	—
Atlanta	85	63	.574	5
Philadelphia	74	74	.500	16
New York	66	81	.449	23½
Miami	65	83	.439	25

CENTRAL DIVISION				
	W	L	Pct	GB
Cincinnati	88	59	.599	—
St. Louis	77	70	.524	11
Milwaukee	74	72	.507	13½
Pittsburgh	73	72	.503	14
Chicago	58	88	.397	29½
Houston	48	99	.327	40

WEST DIVISION				
	W	L	Pct	GB
San Francisco	83	63	.568	—
Los Angeles	76	71	.517	7½
Arizona	72	74	.493	11
San Diego	71	76	.483	12½
Colorado	58	87	.400	24½

**Monday's results**  
Atlanta 7 Miami 5  
Philadelphia 3 N.Y. Mets 1  
Pittsburgh at Chicago Cubs  
Colorado at San Francisco

**Sunday's results**  
Arizona 10 San Francisco 2  
Atlanta 5 Washington 1  
Chicago Cubs 13 Pittsburgh 9  
Cincinnati 5 Miami 4 (11 innings)  
Houston 7 Philadelphia 6  
Milwaukee 3 N.Y. Mets 0  
San Diego 12 Colorado 11

St. Louis 5 L.A. Dodgers 2 (12 innings)  
**Tuesday's Games — All Times Eastern**  
L.A. Dodgers (Harang 9-9) at Washington  
(Zimmermann 10-8), 7:05 p.m.  
Milwaukee (Gallardo 15-8) at Pittsburgh  
(A.J.Burnett 15-7), 7:05 p.m.

Atlanta (Maholin 12-10) at Miami (Eovaldi 4-12), 7:10 p.m.  
Philadelphia (Cloyd 1-1) at N.Y. Mets (Harvey 3-5), 7:10 p.m.  
Cincinnati (H.Bailey 11-9) at Chicago Cubs  
(Germano 2-7), 8:05 p.m.

Houston (Abad 0-4) at St. Louis (Lohse 14-3), 8:15 p.m.  
San Diego (Stults 6-2) at Arizona (LKennedy 13-11), 9:40 p.m.

Colorado (Francis 5-5) at San Francisco  
(Linccum 9-14), 10:15 p.m.  
**Wednesday's Games**  
L.A. Dodgers at Washington, 7:05 p.m.  
Milwaukee at Pittsburgh, 7:05 p.m.  
Atlanta at Miami, 7:10 p.m.  
Philadelphia at N.Y. Mets, 7:10 p.m.  
Cincinnati at Chicago Cubs, 8:05 p.m.  
Houston at St. Louis, 8:15 p.m.  
San Diego at Arizona, 9:40 p.m.  
Colorado at San Francisco, 10:15 p.m.

New York, 39; MiCabrera, Detroit, 38; Willingham,

Minnesota, 34; Beltre, Texas, 33.  
**STOLEN BASES**—Trout, Los Angeles, 45;  
**RDavis**, Toronto, 44; Revere, Minnesota, 36;  
Crisp, Oakland, 34; BUpton, Tampa Bay, 30;  
AEscobar, Kansas City, 29; DeJennings, Tampa Bay, 27; Kipnis, Cleveland, 27.

**PITCHING**—Price, Tampa Bay, 18-5; Weaver, Los Angeles, 17-4; Sale, Chicago, 17-6; MHarrison, Texas, 17-9; Scherzer, Detroit, 16-6; Darvish, Texas, 15-9; PHughes, New York, 15-12.

**STRIKEOUTS**—Scherzer, Detroit, 220; Verlander, Detroit, 218; Darvish, Texas, 205; FHernandez, Seattle, 199; Shields, Tampa Bay, 193; Price, Tampa Bay, 181; Peavy, Chicago, 177.

**SAVES**—Rodney, Tampa Bay, 43; JJohnson, Baltimore, 43; RSoriano, New York, 40; CPerez, Cleveland, 36; Nathan, Texas, 33; Valverde, Detroit, 31; Wilhelmsen, Seattle, 27; Reed, Chicago, 27.

## CFL

## WEEK 12

EAST DIVISION									
	GP	W	L	T	PF	PA	Pt		
Montreal	11	7	4	0	301	327	14		
Toronto	11	6	5	0	278	274	8		
Hamilton	11	4	7	0	341	347	8		
Winnipeg	11	2	9	0	203	365	4		

WEST DIVISION									
	GP	W	L	T	PF	PA	Pt		
B.C.	11	8	3	0	298	204	16		
Calgary	11	7	4	0	312	257	14		
Saskatchewan	11	5	6	0	284	234	10		
Edmonton	11	5	6	0	247	256	10		

**Sunday's result**  
Montreal 28 Saskatchewan 17

**Saturday's results**  
B.C. 28 Toronto 23

Hamilton 51 Edmonton 8

**Friday's result**  
Calgary 44 Winnipeg 3

**WEEK 13**  
**Friday's game — All Times Eastern**

Hamilton at Winnipeg, 8 p.m.

**Saturday's game**  
B.C. at Edmonton, 7:30 p.m.

**Sunday's games**  
Toronto at Montreal, 1 p.m.

Calgary at Saskatchewan, 4 p.m.

## TRANSACTIONS

## CFL

**WINNIPEG BLUE BOMBERS** — Signed DL Andre Carroll.

## MLB

**COMMISSIONER'S OFFICE** — Suspended Cincinnati minor league LHP Mitchell Clarke

50 games for a second violation of the Minor League Drug Prevention and Treatment Program for a drug of abuse.

**TEXAS RANGERS** — Agreed to terms with RHP Colby Lewis on a one-year contract through the 2013 season.

**National League**  
**ST. LOUIS CARDINALS** — Agreed to a two-year player development contract with State College (NYP).

## NBA

**BROOKLYN NETS**—Signed G Stephen Dennis, F James Mays and F Carleton Scott.

## NFL

**CHICAGO BEARS** — Signed TE Gabe Miller to the practice squad.

**NEW YORK JETS** — Signed WR Royce Pollard to the practice squad. Released WR Stanley

Arukwe from the practice squad.  
Canadian Football League

## NHL

**MONTREAL CANADIENS** — Assigned F Alexander Aivtsin, F Alain Berger, F Michael Blunden, F Michael Bournival, F Gabriel Dumont, F Brendan Gallagher, F Blake Geoffrion, F Patrick Holland, F Louis Leblanc, F Philippe Lefebvre, F Joonas Nattinen, F Steve Quailier, F Ian Schultz, D Nathan Beaulieu, D Morgan Ellis, D Brendon Nash, D Greg Pateryn, D Joe Stejskal, D Jarrod Tinordi, G Peter Delmas and G Robert Mayer to Hamilton (AHL).

**SAN JOSE SHARKS** — Assigned F Curt Gogol, F Freddie Hamilton, F Bracken Kearns, F James Livingston, F Jon Matsumoto, F Travis Oleksuk, F Brodie Reid, F Sebastian Stalberg, D Sena Acotalse, D Taylor Doherty, D Danny Groulx, D Matt Irwin, D Matt Tennyson, G Thomas Heemskerck, G Harri Sateri and G Alex Stalock.

## GOLF

## PGA FEDEXCUP STANDINGS

	Points—Money	YTD
1. Rory McIlroy	7,299	—\$7,842,192
2. Tiger Woods	4,067	—\$5,885,158
3. Nick Watney	3,586	—\$2,800,524
4. Phil Mickelson	3,420	—\$4,036,621
5. Brandt Snedeker	3,357	—\$3,549,739
6. Louis Oosthuizen	3,167	—\$3,320,195
7. Dustin Johnson	3,097	—\$3,188,060
8. Lee Westwood	2,726	—\$2,888,569
9. Zach Johnson	2,576	—\$4,326,804
10. Jason Dufner	2,575	—\$4,717,304
11. Bubba Watson	2,377	—\$4,340,997
12. Sergio Garcia	2,043	—\$2,342,916
13. Steve Stricker	2,028	—\$3,272,821
14. Keegan Bradley	2,007	—\$3,769,858
15. Luke Donald	2,005	—\$3,044,024
16. Matt Kuchar	2,002	—\$3,697,305
17. Carl Pettersson	1,976	—\$3,386,656
18. Jim Furyk	1,966	—\$3,079,805
19. Bo Van Pelt	1,950	—\$2,837,749
20. Robert Garrigus	1,945	—\$2,547,683
21. Adam Scott	1,923	—\$2,742,757
22. Ernie Els	1,922	—\$3,247,816
23. Hunter Mahan	1,899	—\$3,771,193
24. Justin Rose	1,791	—\$3,426,930
25. Webb Simpson	1,782	—\$3,132,758
26. John Huh	1,640	—\$2,490,013
27. Rickie Fowler	1,600	—\$2,925,493
28. Ryan Moore	1,568	—\$1,580,944
29. John Senden	1,512	—\$1,782,251
30. Scott Piercy	1,499	—\$2,375,630

**Did not advance to Tour Championship**

31. Kyle Stanley	1,492	—\$2,351,857
32. Bill Haas	1,471	—\$2,349,951
33. Vijay Singh	1,406	—\$1,347,957
34. Kevin Stadler	1,403	—\$1,216,786
35. Greg Chalmers	1,402	—\$1,166,627
36. Johnson Wagner	1,386	—\$2,225,007
37. Seung-Yul Noh	1,379	—\$1,629,751
38. Bud Cauley	1,342	—\$1,721,515
39. Ian Poulter	1,280	—\$1,715,271
40. Tom Gillis	1,277	—\$1,125,258
41. Ben Curtis	1,230	—\$2,416,473
42. Graeme McDowell	1,222	—\$2,408,279
43. Padraig Harrington	1,213	—\$1,546,272
44. Jeff Overton	1,199	—\$1,326,757
45. Troy Matteson	1,190	—\$1,198,953

## SOCCER

## MLS

## EASTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
Kansas City	28	15	7	6	35	25	51
Chicago	28	15	8	5	40	33	50
New York	28	14	7	7	49	40	49
Houston	29	12	7	10	41	34	46
D.C. United	28	12	10	6	34	39	42
Columbus	28	12	10	5	45	39	42
Montreal	30	12	15	5	44	49	39
New England	29	7	15	7	36	40	28
Philadelphia	26	7	13	6	26	31	27
Toronto	29	5	17	7	32	51	22

## WESTERN CONFERENCE

	GP	W	L	T	GF	GA	Pt
x-San Jose	28	17	6	5	58	33	56
Seattle	28	13	6	9	44	29	48
Real Salt Lake	29	14	11	4	38	33	46
Los Angeles	29	14	11	4	50	40	46
Vancouver	29	10	12	7	29	38	37
Dallas	30	9	12	9	35	38	36
Colorado	29	9	18	2	36	43	29
Chivas USA	27	7	13	7	21	43	28
Portland	28	7	14	7	28	47	28

x — clinched playoff berth.  
Note: Three points for a win, one for a tie.

**Wednesday's games — All Times Eastern**  
Kansas City at New York, 7 p.m.

Chivas USA at Columbus, 7:30 p.m.

Portland at San Jose, 10:30 p.m.

**Thursday's game**  
D.C. United at Philadelphia, 8 p.m.

## NFL

## AMERICAN CONFERENCE

EAST						
	W	L	T	Pct	PF	PA
N.Y. Jets	1	1	0	.500	58	55
New England	1	1	0	.500	52	33
Miami	1	1	0	.500	45	43
Buffalo	1	1	0	.500	63	65

SOUTH						
	W	L	T	Pct	PF	PA
Houston	2	0	0	1.000	57	17
Indianapolis	1	1	0	.500	44	61
Tennessee	0	2	0	.000	23	72
Jacksonville	0	2	0	.000	30	53

NORTH						
	W	L	T	Pct	PF	PA
Baltimore	1	1	0	.500	67	37
Cincinnati	1	1	0	.500	47	71
Pittsburgh	1	1	0	.500	46	41
Cleveland	0	2	0	.000	43	51

WEST						
	W	L	T	Pct	PF	PA
San Diego	2	0	0	1.000	60	24
Denver	1	1	0	.500	52	46
Kansas City	0	2	0	.000	41	75
Oakland	0	2	0	.000	27	57

## WEEK TWO

**Monday's result**  
Atlanta 27 Denver 21

**Sunday's results**  
Arizona 20 New England 18

Buffalo 35 Kansas City 17

Carolina 35 New Orleans 27



## Horoscopes

### Aries

March 21 - April 20

The only worry now is that so many things are going well for you that you take too much for granted and end up making some kind of silly mistake. Watch out for little things that might trip you up.

### Taurus

April 21 - May 21

Act quickly if you have a good idea or see an opening that others appear to have missed. Pluto's positive influence means it's OK to be forceful when dealing with others, as long as you have a specific goal.

### Gemini

May 22 - June 21

The current cosmic set-up will make it easy for you to find extra cash if you need it, but you've still got to make an effort. Yes, you might win the lottery but be reasonable, the chances are slim.

### Cancer

June 22 - July 23

The planets indicate that whatever has gone out of your life over the past few months will be replaced by something infinitely better over the next few weeks. Think positive and positive things are sure to happen.

### Leo

July 24 - Aug. 23

Steer clear of people who display negative attitudes, even if they are people to whom you are close emotionally. You have important things to take care of today, things that make a positive outlook a must.

### Virgo

Aug. 24 - Sept. 23

With Pluto, planet of passion, turning direct in the area of your chart that governs affairs of the heart, this is the ideal time to let that special person know how you feel about them. Don't just say it — show it.

### Libra

Sept. 24 - Oct. 23

Whatever happens today, be it good, bad or indifferent, you will handle it with courage and confidence. This is an especially good time to make decisions about family issues. Let your intuition guide your actions.

### Scorpio

Oct. 24 - Nov. 22

No matter how well you think you are doing, you should be doing even better. Set your sights high and don't rest until you have realized your dream. You can't just sit back and let life come to you.

### Sagittarius

Nov. 23 - Dec. 21

You may be tempted to take drastic measures to put right a financial issue that has been worrying you — and that's exactly what you should do. You have more to gain than you have to lose.

### Capricorn

Dec. 22 - Jan. 20

Don't waste your precious time seeking other people's approval, just get on and do what needs to be done. Not everyone will agree with your aims, and fewer still with your tactics, but why do you care?

### Aquarius

Jan. 21 - Feb. 19

As much as possible, try to convince others to go along with your plans rather than force them to do as you say. Just because you have the power to order people about does not mean you have to use it.

### Pisces

Feb. 20 - March 20

You will perform miracles today. No matter how difficult the task you are faced with, you will find a way to make a success of it. Friends and rivals alike will praise you for a job well done. **SALLY BROMPTON**

## Crossword: A Few PMs

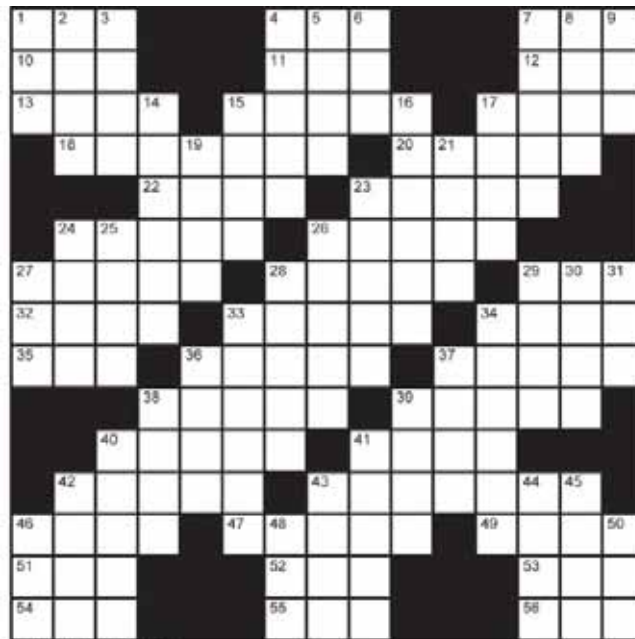
### Across

1. Likely
4. CBS forensic drama
7. Canadian pols
10. Cow sound
11. Ad \_\_\_ committee
12. Evolutionary time period
13. Vassal
15. PM St. Laurent
17. Pack away
18. \_\_\_ Canadian (beer)
20. Scarborough, Ontario-born Austin Powers player Mike
22. "I should be sleeping like \_\_\_": line from "A Hard Day's Night" (2 wds.)
23. Portion
24. Sys \_\_\_: computer department VIP
26. \_\_\_ once: suddenly (2 wds.)
27. Towelled off
28. Secret agents
29. Obsolete TV program saver, for short
32. Some August babies
33. Gives a darn
34. Will beneficiary
35. Bond creator Fleming
36. Had the courage to try
37. Tosses
38. Pop trio brothers
39. Liberal or Conservative
40. \_\_\_ and the whale
41. Pile
42. Got in shape, with "up"
43. R.B. \_\_\_: 11th Prime Minister, who moved to Calgary in 1897, which became his political base
46. BMW subcompact

model taken over from Rover in 2000  
47. Years and years  
49. Toronto-based "Tom Sawyer" group  
51. "\_\_\_ Maria"  
52. "I got an \_\_\_ the test": "I aced it" (2 wds.)  
53. Scottish "no"  
54. Windows 7 or Mac OS X: acronym  
55. Can. neighbour  
56. Elbow's locale

### Down

1. Morning times, for short
2. Bard's creation
3. Matador's opponent
4. Cheech's Edmonton-born partner
5. Under: Fr.
6. Here: Fr.
7. 39.37 inches
8. Amateurs' opposites
9. Observed
14. Calgary team
15. Bird that gives its name to the \$1 coin
16. Happy expressions
17. Hutterites or Menonites
19. Skidded
21. Affirmations
23. Carried on, as a trade
24. Field
25. Edmonton-born Maple Leaf Phaneuf
26. After: Fr.
27. 551 on a monument
28. NS-born singer McLachlan
29. Bulletproof garment
30. Québec \_\_\_



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31. Monopoly has 4: abbr.
33. "O" follower
34. 22nd PM, whose riding also is in Calgary
36. Finished
37. James \_\_\_: TV's Las Vegas star
38. \_\_\_ Mitchell: Fort Macleod, Alberta-born writer of Crosby, Stills, Nash & Young hit "Woodstock"
39. Writes
40. James Earl or Tommy Lee
41. Auburn dye
42. DVR pioneer
43. Heckles
44. Albacore in a can
45. Russian leader before 1917
46. Angry
48. \_\_\_ de Cologne
50. Bottom seam

## Yesterday's Crossword



## What's online

See today's answers at [metronews.ca/answers](http://metronews.ca/answers).

## Sudoku

### How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

## Yesterday's Sudoku



## Weather

### TODAY



MAX: 19°  
MIN: 11°

### WEDNESDAY



MAX: 22°  
MIN: 7°

### THURSDAY



MAX: 26°  
MIN: 9°

**MICHELE MCDOUGALL**  
WEATHER SPECIALIST

"My favourite part is reporting the weather. It fascinates me, and as we know around here, it's always changing, keeping forecasters on their toes." **WEEKDAYS 5:30 AM**



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